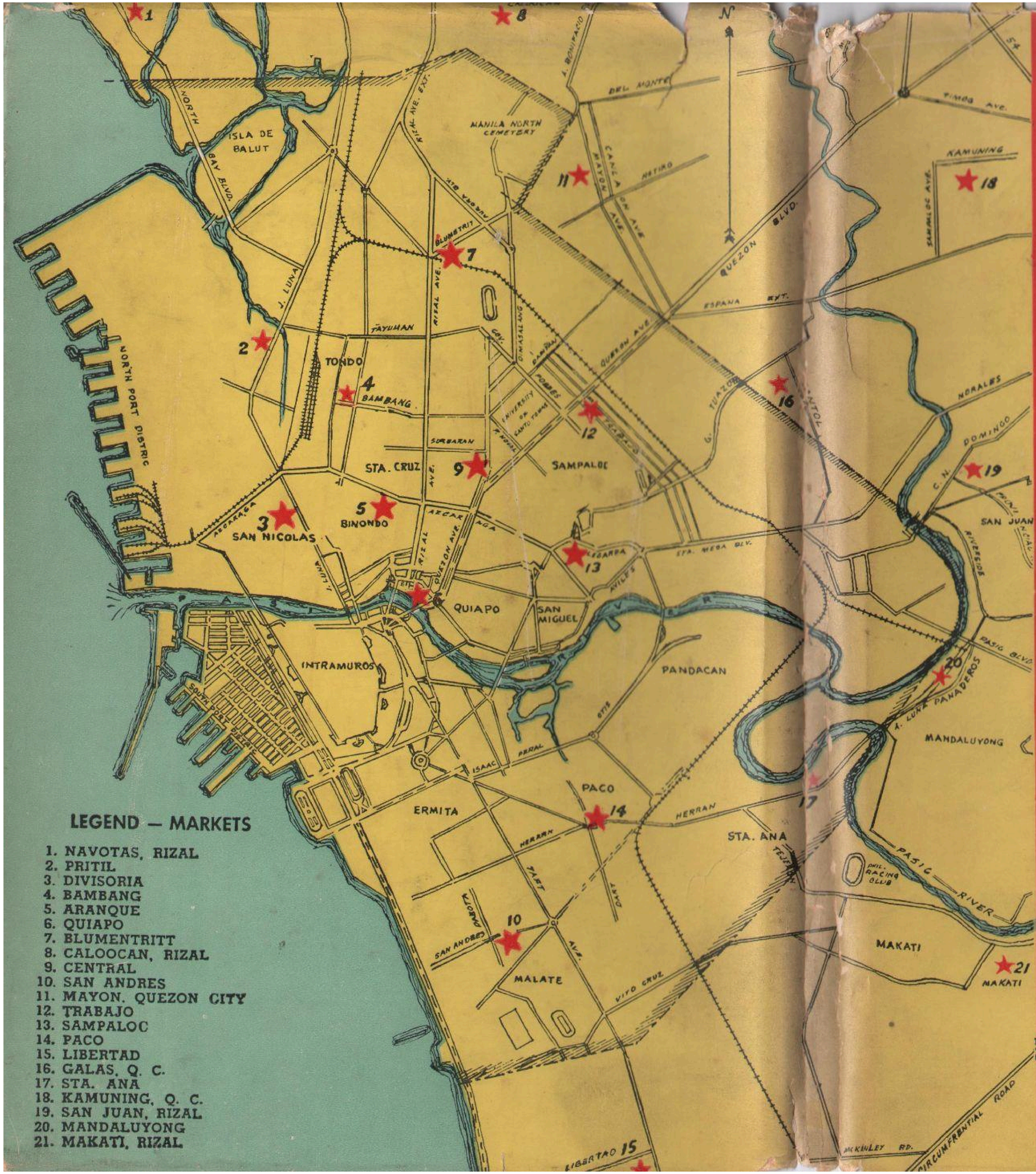
Gertrude Stewart's

MANILA COOK BOOK


N
NORTH BAY BLVD.
ISLA DE BALUT
NORTH PORT DISTRIC
J. LUNA
TONDO
BAMBANG
FAYUMAN
SORBARAN
STA. CRUZ
SAN NICOLAS
BINONDO
AZCARRAGA
RIZAL AVE.
BLUMENTRITT
QUIAPO
SAN MIGUEL
INTRAMUROS
PANDACAN
ERMITA
PACO
HERRAN
TAFT AVE.
MALATE
SAN ANDRES
VITO CRUZ
STA. ANA
MANILA NORTH CEMETERY
DEL MONTE
A. BONIFACIO
MAYON AVE.
RETIRO
QUEZON BLVD.
ESPANA EXT.
UNIVERSITY OF SANTO TOMAS
SAMPALOC
G. TUAZON
STA. MESA BLVD.
TIMOG AVE.
KAMUNING
MORALES
DOMINGO
SAN JUAN
PASIG BLVD.
A. LUNA
PANADEROS
MANDALUYONG
PASIG RIVER
PHIL. RACING CLUB
MAKATI
McKINLEY RD.
CIRCUMFERENTIAL ROAD
LIBERTAD
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21

LEGEND — MARKETS

1. NAVOTAS, RIZAL
2. PRITIL
3. DIVISORIA
4. BAMBANG
5. ARANQUE
6. QUIAPO
7. BLUMENTRITT
8. CALOOCAN, RIZAL
9. CENTRAL
10. SAN ANDRES
11. MAYON, QUEZON CITY
12. TRABAJO
13. SAMPALOC
14. PACO
15. LIBERTAD
16. GALAS, Q. C.
17. STA. ANA
18. KAMUNING, Q. C.
19. SAN JUAN, RIZAL
20. MANDALUYONG
21. MAKATI, RIZAL

GERTRUDE STEWART'S
MANILA
COOK
BOOK

By

GERTRUDE STEWART

◆

FIRST EDITION

PRINTED BY THE EVENING NEWS
MANILA, PHILIPPINES
1958

COPYRIGHT, 1958
By GERTRUDE STEWART

TO ALEC

for so many reasons

PREFACE

About The Author and About The Book

The background of this book goes back a lot farther than Mrs. Stewart's arrival in Manila in 1928. It goes all the way back to 1904 when her grandparents first arrived in Guam from Germany. In those days the ships brought in salted codfish, textiles, etc. so one was compelled to learn to utilize what the country had to offer. Mrs. Stewart's mother was ten years old when she arrived in Guam with her parents and therefore grew up using the native produce. She married an American Marine and a few years later went to the United States and it was here that the Author was born in San Francisco, California. She left there as a small child and went to Guam with her parents. Things had not improved very much since the time her mother was a child as far as imported foodstuffs was concerned. There were still no refrigerators in the homes and the navy transports and commercial ships were few and far between. The family had their own fish weir, raised goats (there was always plenty of fresh goat's milk), kept two or three hives of honey bees, raised a few chickens, had a vegetable garden, had 14 coconut trees in the yard to provide them not only with coconut but some of the trees were licensed (by the government) as "tuba" trees. The "tuba" kept them in wine and vinegar. Now and then hunting trips brought venison which was jerked for future use. Living by the sea meant that there were always plenty of crabs and clams available. Under such circumstances it would have been almost impossible for Mrs. Stewart not to have learned to appreciate tropical foods.

She came to the Philippines in 1928 and when she was 14 she took over the cooking and marketing for her family and has done all her own cooking ever since. It was in Manila that she met Mr. Stewart and later married him in 1937. Mr. Stewart was a Scotsman so that her food horizons became broader. In 1940 their first child was born. In January of 1942 the Stewart family were interned in Sto. Tomas Interment Camp and for the first time in her life Mrs. Stewart cooked professionally. She went into the candy business during the first year (when supplies were still available) and it was sold both inside as well as outside the interment camp. The three years of internment might have been a great deal more difficult had she not known how to make the most of what was available. Since the war she has had three more children, all born in Manila. She has made Manila her home and intends to stay here for many years to come in spite of the fact that she has since become a widow. She now has a nursery garden and plant maintenance business and does landscaping.

Mrs. Stewart has always taken a great interest in cooking and in 1955 was first amused and then annoyed at the recipes printed on the food pages of local papers. Many of these recipes contained ingredients either fresh, frozen, or otherwise, that were not available in Manila. One day it aggravated her sufficiently so that she sat down and wrote the first six of her series of articles and presented them to the Editor of the Manila Daily Bulletin with the suggestion that this was much more the type of thing needed in the local papers instead of the reprinted recipes from the United States. She felt there was a real need for articles on food that would acquaint foreigners with the foods available here and how to use them to suit the western appetite. The Editor of the Bulletin agreed that it was a good idea and suggested that she write more articles of a similar nature. She was very doubtful, to start with, that she was capable of doing the job. With the encouragement of her husband and her friends and because she felt that there was a real need, she took on the job and so this book has come about. It is a compilation of the articles, only slighted edited, and with a few additions and changes.

Mushrooms and Patola

There are so many local vegetables that are unknown to most foreigners here, and not knowing how to cook them, or use them, they remain unknown. All of these many vegetables can add variety to the daily menu and most of them can be cooked to suit the western taste. Now, during the rainy season, there are a lot of things available in the local markets that are unavailable at other times of the year. I do most of my shopping for vegetables at the Quiapo market as there is a greater variety to be had there than at most of the other markets. Right now there are wonderful mushrooms for sale, and when sautéed in butter, they are far better in flavor and aroma than the champignon or button mushrooms that come in cans. I have dried them in the sun and saved them for later use in gravies and soups. The flavor, being so much stronger, a little goes a long way and their dark color gives a rich looking appearance to the gravy. The stalls way at the back of Quiapo market, where they sell flowers, have them for sale.

Another rainy season vegetable (though they are available the whole year) are patola. They are a long, cucumber-like vegetable with a dark green skin and about three times as long as the cucumber. Inside are flat tender seeds that are cooked and eaten with the rest of the vegetable. Peel the patola with a paring knife and slice across in thick slices. These can then be sautéed in butter in which onions have been browned (leave the onions right in the pan). Cook just long enough to wilt the patola, season, and serve at once. If they are allowed to stand or steam they draw water and lose their crispness which is their main attraction. My favorite way of eating patola is to fry three or four slices of chopped bacon until crisp, then add a chopped onion (and a bit a of garlic, if you like it) and fry these until the onions are slightly brown, add one large or two small chopped tomatoes and cook until the tomatoes are mushy, add the patola, season, and cook until the patola is wilted. Serve immediately. Another method is to sauté the patola slightly and pour a cheese sauce over it just before serving. When serving a clear soup, drop a few thin slices of patola into the boiling soup just before serving and then put three or four slices into each individual dish. It gives an interesting bit of variety and color. Chop suey is greatly improved if a few slices of patola are added. They are wonderful sliced and sautéed in a little bit of butter then seasoned and pour a bit of well-browned butter over them and serve immediately. The patola is the squash, which, when allowed to ripen on the vine so that the fibers can develop, is dried out, skinned, and made into loofah (or lufah) which many of us have seen for sale back home as back scrubbers.

Bamboo Shoots or "Labong"

The rains have brought out the bamboo shoots in profusion so that they are reasonable and very nice now. You can find bamboo shoots in all the markets and they sell anywhere from ₱.60 to ₱1.00 a kilo depending on the supply. Most families couldn't use more than one-half a kilo for a meal. The local name for bamboo shoots is **labong.** The flavor can be compared to artichoke and can be prepared in the same manner. It comes shredded and should be well washed before cooking. I dice small bits of fresh pork or bacon and fry it until it starts to turn brown, add chopped onion and fry it till the onions turn clear, add the bamboo shoots and a bit of soup stock and boil for about ten minutes and serve that way or thicken the liquid if there is any left. Season to taste. Another most unusual way to serve bamboo shoots is to use it as a salad. Boil the shredded bamboo shoots for about ten minutes in just enough water to cover. Drain and allow it to cool. Then make your favorite cole slaw recipe using the bamboo shoots instead of the shredded cabbage. They maintain a crispness in spite of the cooking. Bamboo shoots can be used as a relish too. After boiling for ten minutes and cooling, add French dressing and allow it to stand for three or four hours and serve in a relish dish. This dish is greatly improved by adding raw onion or thinly sliced onion, if you like. A bit of sliced red pimento and/or green pepper gives an extra bit of color and flavor.

When you can buy the round slices of bamboo rather than the shredded type they are excellent dipped in egg and bread crumbs and fried after being boiled until tender. I have also fried them without the bread crumbs in deep fat until they are crisp and found them very nice to serve this way as a garnish around a roast or other meat dish. They are excellent in soups and stews too, either shredded or sliced. Needless to say, they are excellent in chop suey.

Another rather strange-sounding vegetable that is found only in the rainy season, is fern leaves known here as **pacu** (paco—accent on the last vowel). The very young leaves of a certain type of fern are picked and sold in bunches and we find that about three bunches are about right for four people. To clean, pick off all the tender tips, stem and all, put them into a colander and pour boiling water over them until they turn a lovely bright green and are well wilted. Or place them in a pot of boiling water and leave them until the water comes back to the boil again. Then drain. For the first method, I find that about four quarts of boiling water over a half colander full of leaves is just about right. After cooling, add chopped spring onions and a good herb dressing and allow to stand for three to four hours before serving. A small amount of thinly sliced red pimento and a little bit of shredded cabbage added to this mixture livens it up and gives it color interest. Garnish with hard-boiled egg slices and serve. The leaves have a wonderful fresh clean flavor about them and are rather crispy and pleasant to eat. They can also be wilted and cooled and then served with Thousand Island dressing and garnished with a red radish rose for color contrast.

Fruit

We have all eaten pineapple upside-down cake but how many of you have eaten a mango upside-down cake? Try it! It has a most delightful flavor that baking imparts to the mango. It makes a superb and different dessert. Use mango jam in a jam cake. Broil mangoes by peeling and cutting out the seed, arrange the halves in the bottom of a shallow pan, dot with butter and sprinkle with brown sugar, put a half teaspoon of brandy or rum into each mango half and broil until the sugar is melted. Mango pie is another pleasant surprise in store for you if you haven't tried it yet. Make a crust for a covered pie and line your pan with half of it. Fill with a mixture of four cups of diced mango, 1/2 cup sugar, 1/4 tsp. salt, 1/4 tsp. cinnamon, 1/2 tsp. mace or nutmeg, dot with 2 Tbs. butter, then cover your fruit with the other half of your crust, prick or slit the top and bake as you usually do any ordinary fruit pie. I use mango when making trifle too by putting plain cake into the bottom of a pan, finely chopped mango on top of that and then the custard mixture on top of the mango.

The **sour sop** or guayabano or "guabano" or "guavano" as it is locally called, is one of the most delicious and yet least known and used (by foreigners) of our local fruits. It is a strange-looking fruit being about the size of a small papaya with a rough green skin that peels off much like an avocado skin but it is covered with little peaks much like the ones on a meringue-top pie. Peel the sour sop, core it, remove the seeds by hand and rub the pulp through a sieve to remove the juice. This juice has the consistency of tomato ketchup.

Serve it as a topping on vanilla ice cream. I often use it as sherbet, by adding sugar to it and freezing it in an ice cube tray until it is mushy. I put this into my blendor and add cracked ice in equal quantity to the juice. Then I blend it till it becomes a nice smooth paste and serve immediately. This has to be eaten slowly because it is far colder than ice cream. Sad to say, once it is made, it cannot be stored in a freezer or an ice cube tray because it forms ice crystals. This is not only an exotic fruit but one that no one has to cultivate a taste for. It seems that everyone likes it the first time. You can use this same juice by adding milk and sugar, and make it into an ice cream in a home ice cream freezer. Some people prefer it this way though we prefer it without the milk which seems to take something away from the flavor of the fruit. When making ice cream add beaten egg whites to it when it is just beginning to freeze. This gives it a lovely light fluffiness. I have diluted the juice with water, added sugar and given it to the children as a nice hot-weather drink and it is extremely popular with them. The sour sop is available the whole year round but is more plentiful now during the rainy season. They cost anywhere from ten to eighty centavos each depending on the size and season.

The sweet sop, first cousin of the sour sop, and known here as **atis** can be used in exactly the same way as the sour sop. Some people know this fruit by the name of custard apple. It does not have the lovely tartness of the sour sop but has a wonderful aroma and flavor which is quite different, so both should be tried. They are more expensive and run about twenty centavos each right now but as they are just coming into season the price will soon be about half that much. It would be a shame if you didn't try both of these fruits.

Miscellaneous

Avocados are getting cheaper and better every day and so here is a rather unusual soup made with them which is nice for a rainy day. It is a real gourmet dish and I hope you like it as well as I do. Simmer one small minced onion, 1/2 cup sliced mushrooms, and 1 Tbs. finely chopped celery leaves in 2 Tbs. of butter until the onions are soft. Then add 2 Tbs. of flour and blend well. Remove from heat and allow to cool. Add slowly, stirring all the time, 2 cups evaporated milk and 2 cups clear chicken soup. Put it back on the fire and bring it to the boiling point stirring all the time and while still stirring simmer for 4 to 5 minutes.

Just before serving, add 1 avocado mashed to a paste, salt and pepper to taste, blend well and serve immediately. This serves about four and is something different and so nice and creamy. You can serve this with croutons, crumbled crisply fried bacon, or sliced toasted cashews sprinkled on the top.

A few nights ago I was serving a nice big labahita (surgeon fish) fillet for dinner and wanted to make it different for a change so looked into the refrigerator to see what was there that I could use for a sauce. There wasn't much to choose from but I found some slivered almonds that were left over after baking a cake some time ago so decided to use them. I put them into a small pot with a big piece of butter and toasted or fried them until they and the butter were a nice golden brown (not dark). Then I added just a wee bit of flour and water to thicken it slightly and poured this over the fish. Naturally this sauce has to be made at the last minute to keep the nuts from getting soft but the frying can be done earlier and then just thicken it at the last minute. You have no idea how good it tasted and how popular it was with the family. The children are not too fond of fish but they sure ate this with gusto. I must try it again some time with a bit of white wine added to the sauce too, that should make it even better. The toasted nuts and the browned butter had such a lovely flavor and they complimented the fish flavor rather than killing it.

Quite a number of people have asked me how to make the sweet-sour sauce that the Chinese use so much in their cooking and which is so good with barbecued spare ribs, for dipping French fried shrimp into, to serve with egg rolls or lumpia, etc. Sweet sour sauce is one of those things that no one can say which is the correct way to make it just like clam chowder. Everyone has their own system and every cook seems to have some variation of one sort or another but this is the way I like it and it seems to suit our tastes best. Combine and mix well: 1/4 cup each of vinegar, soy sauce, brandy, (local rum can be used too), and honey. To these add one piece of fresh ginger (about 1 to 1½ inches long diced very well or cut into long thin strips), 2 large cloves of garlic, (sliced and cut into long thin strips), and 2 red-hot peppers sliced. Leave this stand for several hours or overnight then heat and just before reaching the boiling point, thicken with a mixture of cornstarch and water (Be sure to make this mixture thick so as not to dilute the sauce). Add sufficient to thicken it to the consistency that you prefer. Now remove the slices of hot pepper and it is ready to serve. Do not let this boil or else you will lose the alcohol in the brandy and thereby a good deal of the flavor and effect, which is what gives this sauce such a nice tang. Some people like to add bits of sweet red and green pepper and pineapple chunks for extra color and flavor. It is good either way.

Guavas

There is a little ditty here that the children sing: "Guavas are ripe" and when they are ripe it really is something to sing about. Now that they are in season they are to be found in all the fruit stalls and their strong perfume makes a trip to the fruit section of the market a pleasant one. The guavas always bear during the rainy season so now is the time to buy them and make your jams and jellies. We all like guava butter and it is so easy to make. Wash the guavas but do not peel, quarter them and put them in just enough water to keep them cooking until tender. The amount of water varies according to the amount of fruit being processed. When they are tender strain the pulp through a sieve and throw away the seeds. To the pulp add sugar and boil it until it is thick and put it in sterilized canning jars. This keeps beautifully and everyone likes it. I make a very nice guava muffin with this guava butter by creaming together ½ cup shortening and ½ cup sugar. Add to this (2 cups flour sifted together with 1 tsp. salt, 1 tsp. soda, and 2 tsp. baking powder) alternately with (½ cup guava butter mixed with ¾ cup strong coffee, ¾ cup milk and 3 beaten eggs). Put this into greased muffin tins and bake at 325° for about 30 minutes.

If you would like a really elegant pie to serve some day, try this: Beat 4 egg whites until stiff but not dry, gradually beat in 4 Tbs. (¼ C.) firm guava jelly, and continue to beat until the jelly is well blended. Add 2 Tsp. lemon juice and beat a little bit more. Spread this evenly on waxed-paper lined pie plates (makes two) and bake ten to 12 minutes at 300°. Remove it from the pan as soon as it is cooked by placing it upside-down on a cake rack covered with another piece of waxed paper. When it is cooled you can remove the waxed paper, then fill the pie crust with a good coconut cream pudding.

As children we used to eat whole stewed guavas which we thought were wonderful. Now I prefer them without the seeds. I quarter the guavas and scoop out the center portion where the seeds are and stew only the outer sections in a bit of very thin syrup. They cook in a very short time and even people who don't like fresh guavas enjoy this.

If you have an electric mixer here is a frosting that is as good as, or better than, any seven-minute frosting I have ever eaten. Beat an egg white until it is foamy; add a few grains of salt and then while still beating add 1 tsp. of guava jelly at a time (up to ½ C.) until it is thick enough to spread. A drop or two of lemon extract may be added to this, but not more than a very small amount.

Guava jelly is one of the easiest of all jellies to make and almost impossible to make a mistake on. Wash your guavas, do not peel, quarter, and boil until tender in a small amount of water. Place in a jelly bag and let the juice drain. To each quart of juice add 1 Qt. of sugar and 1 Tbs. of lemon juice. Stir over heat until all the sugar is dissolved. Boil it rapidly and stir to prevent sticking. Cook it to about 230°. Without a jelly thermometer you can test it by dropping a bit into a dish of water and when it is not quite hard enough to form a soft ball it is finished. The boiling should not take longer than five or ten minutes. Use a very large pot as it boils over very easily.

Avocados

Avocados are very reasonable right now and I have found that if I am passing any of the markets in the late afternoon, I can buy ripe ones for as little as two for five centavos. They are nice large ones too and in perfect condition for eating. It is hot in the markets and the vendors will sell them cheaply in the late afternoon, because they are afraid that they will spoil overnight. I have always liked avocados so can go on for a long time about them. First of all I find that garlic and avocados just naturally go together. I stuff eggs by mashing avocado with the egg yolks, add garlic salt, pepper, dry mustard, mayonnaise, mix well and fill the whites with this mixture. I make a paste that I serve with potato chips as small chow and everybody loves it. Mash a medium sized avocado, add 1 tsp. dayap juice (lime), garlic, black pepper, and salt. You just dip the potato chips into this and wish that you had learned about this long ago. Avocados can be used as a cocktail too by cutting the fruit in halves lengthwise, removing the seed, and filling the hollow with a mixture of 2 Tbs. chili sauce, 1 Tbs. of mayonnaise, and 1 Tbs. chopped dill pickle.

There are so many ways of using avocado in a salad that you can let your imagination go quite wild. I like to fill the hollow of a half avocado with a combination of canned tuna, celery, diced onions, mayonnaise, paprika, and salt. Put this on a bed of lettuce and garnish with tomato slices. Another very pleasant salad is made by filling the hollow of a half avocado with the mixture of ¼ C. nuts (I like the cashews as they are sweeter than most nuts) well chopped, 1 cake of Philadelphia cream cheese and a bit of French dressing. Serve well chilled.

Mashed avocados mixed with any of the usual salad dressings makes a pleasant change from the usual dressing one uses. This will not keep so must be used the same day. I like to take ½ C. of pureed avocado, add 1 Tbs. lime juice, 2 Tbs. French dressing, ¼ Tsp. salt, and 2 Tbs. cream or evaporated milk. This is espemially good on sliced cucumbers.

If you like a nice moist sandwich, try this sometime: take thin slices of avocado and sprinkle with lime or calamansi juice, then take some thin slices of tomato and sprinkle them and the avocado with salt. Butter two slices of bread and lay the avocado and tomatoes between the slices. You'll like this nice cool-tasting sandwich. Mashed avocado mixed with mayonnaise makes a pleasant color change and flavor. Try mashed avocado in your aspic salads too. You can make a mock mayonnaise by mixing a cup of mashed avocado with Tbs. evaporated milk, 1 Tbs. dayap (lime) juice, about 1 Tsp. of mustard, garlic salt, pepper, and a bit of paprika.

Many people here like to eat their avocados mashed with milk and sugar. As I was brought up using avocados as a salad I don't especially care for it this way, but my children love it and this mixture is very popular here frozen and served as ice cream.

Santol and Lanzones

Week before last I gave you a recipe for guava jelly and since that time have been busy making some other jelly for which I use certo, which can be found in most of the larger groceries. I was surprised to find that the certo folder has a recipe for guava jelly too and it sounds like a very easy one to make. The jelly that I have been making is santol as they are at their best now and very reasonable. I bought 100 of them on the road to Tagaytag for only .70 centavos though they cost much more in the public markets ranging in price from three santols for .05 to two for.05. They are more than worth the price. The children like to eat the santol raw and I did too when I was small but now I much prefer them stewed, as jelly, or as jam.

To stew them, remove the skin with a paring knife, quarter, remove the seeds, and boil seeds and flesh in a thin syrup until the flesh is tender. Remove the seeds and discard. If there are children in the house they will be more than happy if you give them the seeds to suck before throwing them away. Serve the stewed santol in the syrup, chilled as a compote.

Here is how I prepare my santol jam and jelly. Peel the fruit with a paring knife, then open and remove the seeds. Put the seeds in a pot with just enough water to reach the top of the seeds and boil for about 15 minutes. Strain the juice through a jelly cloth and put it back into your pot. Now dice, slice, grate, or shred the flesh of the fruit into this juice and boil until tender. Remove about 1/2 of the liquid which by now has a lovely reddish color, and set this aside for making into jelly. The pulp and liquid that remains in the pot is for the jam. Add sugar (the quantity depends on the quantity of fruit) and boil for about 10 minutes or until it is of the right consistency. To make the jelly I have found that I have to use certo. Add sugar according to the amount of juice you have. Boil, add certo, and the job is done. I like to cube santol in pieces about the size of the mixed glacéd fruit that one uses for fruit cake, and after making a very heavy syrup I put the cubed santol into it and cook until tender and the syrup is heavy. I store this in sterilized jars and use it in fruit cake and in banana bread in place of glacé fruit. It has a lovely flavor that is much like a combination of all the usual fruits in glacé fruit sold in jars for the same purpose. Don't make the mistake of tasting a raw santol and deciding that you don't care for the fruit because when cooked it is an entirely different thing.

Lanzones are coming in season now but are still rather expensive. I have never tried using them in fruit salads nor tried to cook them because they just don't seem suitable for the purpose. Howver, they certainly take the place of grapes in our family and are in many ways more satisfactory because the imported grapes that we can buy out here are usually not very sweet. Lanzones are now selling for ₱1.50 a kilo but should go down to ₱.60 within this month. They are a very pleasant cooling fruit to eat but be careful not to bite into the seed as it is extremely bitter. Ask someone to show you how to peel them because there is a knack to it. It is easy enough to learn but until you do, they are just not worth the trouble. If you eat large numbers of them your fingers get a bit sticky from the milky juice in the peel. This will come off easily with a bit of oil or lighter fluid. I remember that once, as a child, I took a trip to Canlubang by train with my uncle. He bought a kilo and a half of lanzones and gave them to me to eat on the trip. I ate every last one of them and my hands were an awfully sticky mess. Some "kind" woman on the train told me that it was very easy to remove the stickness merely by rubbing my fingers through my hair. It cleaned my hands but what a mess my hair was!

Palmetto Heart or "Ubod"

One vegetable that is **always** available at the local markets, and one of the world's finest too, is locally known as "ubod". We call it palmetto or palmetto cabbage. The ubod is the heart of the coconut palm where the young leaves and nuts are formed. It is served in Florida and Southern California at the more expensive hotels and restaurants as a salad. It goes by the name of "Millionaire's Salad". The whole coconut tree has to be cut down and destroyed so naturally it is expensive in countries where palm trees are not as plentiful as they are out here. I buy mine in Quiapo market or at Libertad market because, being large markets the ubod is always available and you can buy a whole one or small sections. In the August issue of the National Geographic Magazine (1955) on page 174, palmetto is mentioned but there it costs about $200 to serve ten people. Here we can get enough for ten people and spend only ₱2.00. For a family of four I find that ₱.80 worth is sufficient to give us two salads and a vegetable dish. You have to keep it immersed in water to prevent the outside surfaces from turning brown but it will keep that way for days in the refrigerator. When making a salad it is best to put your dressing into the bowl first and then stir as you add the ubod, so that it does not become discolored. You have to take the same precautions, of course, with apples, for the same reasons. I dice the ubod into tiny cubes, mix it with mayonnaise or Thousand Island dressing and heap it onto lettuce leaves and garnish with either sweet red peppers, green peppers, chopped spring onions, paprika, pimento, or a combination of some of these, to add color to an otherwise very white salad. Do the same thing but add crab meat and you have a salad the like of which you have never tasted before and it is lovely for serving at a bridge luncheon if you want something rather special and different. Combined with chicken, small boiled shrimp, fish, or leftover ham, it is almost as good as with crab meat. It is nice and crisp and has a slightly nutty flavor. To serve ubod as a vegetable there are many ways of using it. It makes an excellent addition to Spanish rice when cubed in fairly large bits. I boil it, strain off the liquid and use the liquid in making a cream sauce which I season with salt and pepper and put back on the ubod. This may be rather bland for some people but it has a lovely clean sweet flavor which cannot be compared to any other vegetable though it reminds me of a combination between cashew nuts and summer squash. It is very nice when cut into larger pieces and put into stews. Try it once or twice and then let your imagination carry on from there. When cut into long thin strips and added to Arroz a la Cubana it makes a very peasant variation and gives a new twist to an old dish. It is excellent shredded or grated and allowed to soak for about 24 hours in a strong French dressing and served as a relish. I enjoy eating it just as it is and whenever I have it in a bowl of water in the refrigerator it is a constant temptation and I am always cutting off a slice to nibble on. For the calorie-conscious person this makes an excellent snack between meals, having very few calories and can be used as one would use celery sticks or carrot sticks. Locally it is used in the making of lumpia and is considered one of the necessary ingredients. Diced ubod, either cooked or raw, is excellent added to a tossed salad or in a salad made with cooked vegetables.

Suha or Pomelo

The suha or pomelo is in season now and is excellent when you get good ones. I wish I could tell you how to choose a really good one each time but I've never managed myself to get them nice everytime as they vary so very much. As a rule though, like grapefruit, the ones that have large pores are sure to be riper and sweeter than those with small pores. The small-pored ones were picked too green and usually are bitter and are undeveloped. There are various types of them here but the main difference is that there are pink and white fleshed fruit. The flavor is much the same but the color of the pink fruit is nicer when combined with fruit salads as it is much more attractive. The fruit looks like a large grapefruit and some of them are slightly elongated and pear shaped. These as a rule are cross-bred with the Chinese pomelo and generally juicier as a result. They cannot be used as juice fruit because they are dry compared to most of the citrus family but are excellent in fruit and vegetable salads. I find them good too for school lunches. To insure having them taste good though be sure to cut off all the white covering as this tends to make the pulp very bitter if left on. I took some along not long ago on a picnic and everyone was so pleased with them and the children had a field day. I have seldom seen them eat so much of any kind of fruit. I use them in salads all the time at this time of the year and the pink flesh combined with the pale green of the avocado not only looks wonderful but makes an excellent taste combination too and even a dry pomelo is nicely moistened by the avocado and the dressing.

The skins are very thick and the white pulp is usually anywhere from ½ to 1 inch thick though many of them do have thinner skins. This skin can be soaked and boiled and cooked in syrup to take the place of citron peel in Christmas cakes and other fruit cakes. Like citron peel it is very bitter so you have to follow the directions for candied citron peel carefully or you will have bitter skin. During the war, I combined pomelo skin with calamansi and made an excellent marmalade. I'll admit I prefer the real orange marmalade but it did make an excellent substitute. The skin can be candied too and because of its size it is easy to handle and lends itself nicely to being cut it into fancy shapes before processing. Fancy cookie cutters are nice for this purpose.

Pomelos keep well either in or out of the refrigerator so they are convenient to have on hand as they won't spoil rapidly. When I buy them I often take those that are partially peeled as then I can see if the flesh is juicy or dry. I don't buy those that have the flesh cut into as they may have had flies sitting on them but as a rule they cut only to the actual membrane which is left intact. Once the peel is cut this way, they must be kept refrigerated. The Chinese pomelo is also available but it costs about three times as much as the local varieties. They are better in many ways though and are always juicy and definitely more flavorful. They can be used just as one would use grapefruit though not served as a breakfast fruit cut in half as the membranes are too tough and they have a lot of seeds in them. It is better to peel them and deseed them and serve the sections with the membrane removed. The same goes for the local pomelo.

For a pretty salad garnish, core a large dill pickle and stuff with cream cheese. Chill well and then slice in the usual manner and use for a border.

The Versatile Papaya

Most people think of the papaya as a melon-like fruit that is served at breakfast time or possibly to add to a fruit salad but it has so many uses other than just as fruit that it is a shame that so few people have taken advantage of it. Papaya is very rich in vitamin C and can even take the place of orange juice in an infant's diet. I learned this myself only recently when I read about it in the U.S. Department of Labor's pamphlet on Infant Care. (They say the same about guava and mango). It makes an excellent hot-weather drink when you take ripe papaya and mash it, or strain it, or put it through a ricer, and add water, calamansi, and sugar. Some children even think that they are drinking orange juice when it is given to them this way. It makes a very pleasant mild flavored sherbet. I use my blendor for this purpose. Mash the papaya, put it into the blendor with sugar, a little cracked ice, and a bit of evaporated milk. As soon as it is finished, it should be served and eaten because storing it causes it to form ice crystals. I have used papaya in salads, too, but not the ripe ones. Take a green papaya that is already showing yellow at the base but is still quite hard, you can then grate it and use it just as you would grated carrots in a salad with a few chopped nuts (cashews are excellent) and your salad dressing. Children like to chew on thick slices of papaya at this stage of semi-ripeness as it is quite sweet and gives them something to really use their teeth on. It has always been very popular with our children, as much as an apple, if not more so. Used at this stage of ripeness you can cut it into large cubes and cook it by your favorite recipe for spiced peaches and the similarity will amaze you. I make this in fairly large quantities and keep it on hand all the time to serve with baked ham or roast pork. I use an extra large amount of spices though, and add a bit of vinegar and a bit of hot sauce. We prefer it to apple sauce when eating roast pork as it has a great deal more tang and flavor. When the papaya is ripe but not mushy I cube it and serve with Thousand Island dressing as a salad and it is always popular with anyone who likes a touch of sweetness in salad. The color is so attractive too.

Green papaya is used a great deal locally as a vegetable though it has quite a bland flavor. Chicken tinola which is favorite recipe here, just can't be made without green papaya. Green papaya can be used much as we use summer squash and can be cooked in the same manner. It is excellent to add to soups and also to stews.

Green papays are always available in the markets and the local pickle known as "atchara" is made from shredded green papaya so that you can buy the papaya whole or already shredded for pickling.

Our meat tenderizers are made from the milky juice of the papayas when they are not yet ripe but well developed. People who have lived where papayas grow found out long ago that if you take a papaya leaf and crush it a bit and wrap meat in it, it will tenderize the meat in the same way that the tenderizers do. If you want your hands to have that "skin you love to touch" feel about them, just peel a freshly-cut green papaya. You'll be amazed at how the papain removes all the roughness and dead skin

Take small green papayas, peel them and cut in half. Boil the halves until tender in salt water, drain and then fill the hollows with a mixture of sauted ground meat and gravy. Sprinkle the top well with grated cheese and bake. You can also bake it in the oven when making a roast and serve it as you would baked squash. Papayas can be mixed very well with stronger flavored fruits in jams. A papaya and pineapple mixture is especially good.

Native Squash or "Calabasa"

I have heard people remark that they get so tired of serving the same old vegetables over and over again and how they long to have more variety like they do back home. There is more variety to be had here from the public markets than in almost any place in the world because we have a good many of the home-side vegetables that come down to us from Baguio and we have as well all this wonderful wealth of tropical vegetables. The native squash which so many of us look upon as a poor substitute for a homeside pumpkin, can be most delectable if cooked properly. I have sliced it in quarter sections, or, if they were large, in six sections, removed the seeds, left the skin on, then put two slices of bacon on each section of the squash, sprinkled it with a bit of salt, pepper, and a bit of sugar, and then baked it until it was tender. It can be peeled, diced, and boiled with milk and chopped onion and seasonings and then serve as is, or mashed. After putting it into the serving dish sprinkle the top with chopped crisply fried bacon. My favorite way of serving it though, and especially when we are having guests, and I want something really different, is to bake it in its own skin. I cut the top off just as I would if I were making a Jack O' Lantern, then I scoop out the insides being as careful as I can to get it out in large pieces. These I then dice and add to them some more diced squash from another smaller one. I mix these with chopped onion (lots of it), salt, pepper, and the milk from one coconut. Place these back inside the squash and put the top back as a cover. Bake in the oven until the meat inside is soft. It is a good idea to grease the skin slightly before baking. The squash serves as its own casserole dish Usually I add a bit of the grated coconut meat to the squash too as this adds a nice nutty flavor and gives a different texture. I do not mean the water that is found inside a coconut when I refer to coconut milk. Coconut milk is made by taking the water inside the nut and adding it to the grated coconut meat, this is then kneaded well and the resulting milky fluid is then squeezed out. This is coconut milk. I have found that a potato ricer is just about the most efficient thing going for extracting the coconut milk from the grated nut.

The squash blossoms which are always available make an unusual and different vegetable. They should be dipped in a thin batter and then fried in deep hot oil or fat. If you get just the buds they can be sauted (the heat of the pan makes them open) and they make a really different garnish for putting around a roast or any other dish that you may want to garnish. These same squash blossoms can be cut and cooked as one would cook spinach using very little water. They have a slightly sweet flavor and my children rather enjoy the idea of "orange spinach".

Squash greens make an excellent vegetable too. Only the vine tips are sold and the local name for them is "talbos ng calabasa." They are first peeled or strung; anyone can show you how this is done, and then cooked as you would cook spinach but they are not slimy like spinach. I like to cook it with coconut milk, chopped bacon, onion, and seasonings. When I serve it I put chopped hard-boiled egg on the top. To me, it is a far better vegetable than any spinach we can get back home as I am one of those who don't like the slippery feel of spinach. An excellent improvement to the flavor is to add a bit of left-over fried or boiled fish while it is cooking. This can be removed before serving.

———o———

After making jellies and jams or preparing fruit and hands are stained, use oxalic acid for removing stains. Buy about 30 centavos worth from any drug store and keep in cupboard. Drop a few crystals into a bowl with about ½ cup water and then dissolve crystals with fingers. By the time they are dissolved the stains are usually removed from fingers.

Bananas

Almost everyone likes bananas and we have a wonderful variety to choose from here in the Philippines. The small yellow ones which are known here as the "latundan" is probably the most well-known variety but in our family we all prefer the red-skinned "murado" or the green-skinned "bungulan" as we find them far more flavorful and delicious, however, that may only be a matter of personal taste. For baking and banana breads I am sure everyone will agree that the bungulan is far superior to the other types. Another banana that grows everywhere here is the "saba" or cooking banana. There are varieties of this banana but they are usually all put into the cooking banana or "saba" category.

Bananas can be used in salads, desserts, cakes, cookies, pies, sauces, dairy dishes and even in bread, so with them always available and at reasonable prices we could use them everyday and never tire of them.

A favorite salad of ours and one that is easy and quick to make is one that I call Banana and Cheese Salad. Split a banana lengthwise, place it on a lettuce leaf, spread a bit of mayonnaise on each banana half and then grate cheese over this and sprinkle a few raisins on top. So quick, so easy, and so good! Do the same thing without the cheese but use chopped peanuts. For variety try putting banana slices into your next Waldorf Salad. You can make a really nice tropical salad from 1 cup of diced banana, 1/2 cup of flaked salmon, 1/2 cup diced celery, 2 Tbs. chopped sweet pickle, 1 1/2 tsp. salt, 1 Tbs. mayonnaise, 1 Tbs. prepared mustard. Mix together lightly, arrange on a lettuce leaf, squeeze a bit of calamansi juice over this and garnish with a red radish and serve.

You can bake bananas by peeling them and putting them on a baking dish, brush with butter and bake in a moderate oven until tender. You can also remove about one inch of the peel lengthwise and bake them in the skin. They can be broiled too. Serve them as an accompanying dish to meat or as a vegetable or with a fruit sauce or cream as a dessert. When you broil them for dessert put a bit of brown sugar on them just before removing from the oven to glaze them and sweeten them. When broiling them to serve with meat put a bit of salt on them. They are excellent served with a mixed grill.

Pan-fried bananas are excellent served with ham and eggs, hamburgers, and pork dishes. We like them for breakfast this way with cinnamon and sugar sprinkled on them. For this purpose though we use only the cooking bananas. They become quite sweet and actually caramelize. Serve them with French toast too but use a bit of nutmeg in your batter. Try frying 2 pieces of French toast and when one side is done and ready to turn over put lengthwise slices of fried banana on top of one piece and top it with uncooked side of the other. Turn your fire down really low and let it cook a bit longer. This makes a French fried banana sandwich that is wonderful served with syrup, or even better with cocohoney. Try thick slices of banana, dipped in flour, then in beaten salted egg, then rolled in bread crumbs and fried like scallops to serve with meat. Or make a batter of 1 cup sifted flour, 2 tsp. baking powder, 1 ¼ tsp. salt, ¼ c. sugar, 1 well-beaten egg, 1/3 cup milk ,and 2 tsp. melted shortening. This is a thick batter and should **not** be thinned. Cut two or three firm bananas into three or four pieces each, roll in flour, dip in batter and be sure they are well covered by the batter, deep fry for about six minutes or until well browned. Turn frequently to brown them evenly. Serve with the meat course or serve as a dessert with fruit sauce or with cream. Have your fat at about 375°. These stay crisp for about 10 to 15 minutes.

Use bananas in your fruit salads and in gelatin salads. One dessert that is really excellent is to combine grated young coconut or "buko", sliced bananas, dayap or calamansi juice, and sugar. Mindanao grapefruit are available now so add some of these to your salad too.

Take banana halves and arrange in a baking dish, brush with butter, and then with calamansi juice, sprinkle with grated fresh coconut and bake for about 20 minutes at 375°. Serve with diluted cocohoney or a fruit sauce. Make banana fritters and serve with a rum sauce flaming as it comes to the table like a crepe suzette. Make a banana shortcake by using gingerbread cupcakes instead of the usual shortcake recipe. Banana just naturally goes well with gingerbread.

For all cooking purposes I find that cooking bananas are far superior to the other varieties.

To keep cut bananas from turning dark slice as close to serving time as you can, use a stainless steel or silver knife for slicing, and if you have to cut it one or two hours ahead of time sprinkle the slices with calamansi or pineapple juice.

Potato Substitutes

People sometime get into a rut as far as food is concerned and use the same old things over and over again and cook them in the same old ways especially as far as the starch element of the meal is concerned.

Potatoes can be cooked in many ways but why use potatoes over here all the time when there are so many other things that you can use instead? There are many varieties of sweet potatoes over here that range from the very sweet orange fleshed ones to the pure-white potato-like ones. They can be fried, boiled, baked, and mashed just as you would any other potato and they make excellent potato chips too.

I like the breadfruit for something really different and with excellent flavor. It cooks up a bit moister than potatoes do. My favorite way of eating it is to peel it and cut into large pieces and then boil it in rich coconut milk, salt, pepper, and chopped onion, until almost all of the milk has boiled away. I then serve it with this thickened milk spooned over the top. You can also cut breadfruit lengthwise, remove the core, and slice in thin slices and fry in deep-fat until light brown and serve it like potato chips. Breadfruit is called "rimas" so ask for it when buying in the market. The late afternoons are about the only time that it is available.

Bananas make another excellent substitute for potato chips. Take bananas that are still green but are showing signs of ripening. Peel these and slice diagonally as you would a loaf of French bread. They are a little better when sun-dried first. They make a very nice crisp chip and they sometimes puff right up. The closer to ripening the banana is, the sweeter tasting the chip but if the banana is already soft this won't work at all so be sure that your bananas are hard and firm. You will find that the cooking banana is excellent for this purpose.

"Ubi", which is a local yam, is also excellent cooked as a potato substitute but be sure to get the white ubi. There is also a deep violet variety but it just doesn't look right when used instead of potato. The ubi is very sticky and slimy feeling when raw and being peeled, but this disappears in the cooking.

Taro root or "gabi" is always available in the local markets and they are excellent. You will find that there are various types of gabi too so you will have to experiment a bit until you find the kind that you enjoy the most. This again is a question of individual taste. The younger the root the more glutinous it is, like small new potatoes. I like them best this way in spite of the fact that they are a bit sticky though the other members of my family like the older ones so I always have a mixture and that keeps everybody happy. The different types vary in mealiness. They are good baked, boiled and fried but again they are very slimy when peeled raw. Be careful to oil your hands well before peeling gabi root because it makes your hands itch and burn. Cooking removes this and they **can** be boiled in the skin. I like cooking gabi in coconut milk in the same way that I cook the breadfruit.

Cassava or "Kamoteng Kahoy" is another excellent substitute. It is very dry and fluffy so is excellent for hash and therefore excellent for mashing too. There is usually a hard woody section down the center so this has to be removed. I presume that the "kahoy" in the name is a result of this woody section as kahoy means wood in Tagalog. The cassava starch is what tapioca is made from. When cooking cassava, boil over a high flame or peel first. Never cook it slowly when unpeeled as there is a poison in the skin which can seep into the cassava when cooked slowly. Use plenty of water as they are best when covered completely. The poison in the skin is hydrocyanic acid and heat dissipates the poisonous principle. Don't let this scare you because they really are worth trying.

Barbecue Ideas

Whenever I use the word barbecue most people immediately think of beef steaks or chicken but almost any meat can be barbecued such as fish and other sea foods. Back home in the States most fishermen will recall barbecuing fish over an open fire with the fish all cleaned and wrapped in fern leaves and I'm told that nothing tastes better. I know that as a child in Guam we used to roast fish on a bamboo stick directly over the coals and the crispy skin was slightly sprinkled with ash but so good. We don't have fern leaves on hand all the time to wrap our fish in here but banana leaves can be found everywhere and if you don't have any in your yard then you can buy them in the market. To wrap fish in banana leaves you must first heat the leaves to soften them and make them very pliable. This you can do by holding it over your stove or running an iron over the leaves. Aluminum foil can also be used but you don't get the flavor that way and might just as well bake it in the oven. I like to take nice thick sole (locally called "Dapa") fillets, soak them in soy sauce for 10 minutes or so and broil them over a charcoal fire and baste with butter and then serve with lemon, dayap, or calamansi. Fish is so good this way. When you want to wrap your fish in banana leaves you can add chopped onions and coconut cream to it and then it steams in this mixture and really tastes wonderful. Almost any kind of fish can be used this way and if you take nice solid chunks of it you can tie each package with a bit of the fiber from the midrib of the banana leaf and then serve the fish in the package with a package to each person. They can unwrap them at the table. They hold their heat this way quite a long time which is most convenient at times and you can keep them warm in a very slow oven if you are preparing more than your barbecue grill can hold at once.

Shrimp can also be barbecued but prawns are even better as they are easier to handle. I like to use the great big prawns for this purpose. Remove the skin and head and slit the prawn down the back removing the black vein. Flatten the prawn and pound it flat. The tail should be left on when you skin the prawn so that you have something to use as a handle. Soak these shrimp in a mixture of 1 Tbs. brandy, 1 Tbs. honey (brown suger can be used instead), 2 Tbs. soy sauce, 1 crushed garlic clove, and 1 small piece of ginger crushed (about the same size as the garlic), and 1 Tbs. lemon juice. After soaking for about ten minutes add about 1/4 cup oil to the mixture (melted butter is even better) and then barbecue over charcoal using the oil mixture to baste with.

Shrimp sate or kebab is excellent too especially if you combine it with abalone. You can buy canned abalone in almost every grocery store so try this combination some time and see if you don't agree with me. Take about 16 medium sized (1 bite per shrimp) shrimp and cut 16 bite sized pieces of abalone into cubes. Clean and remove the black line from the shrimp and then put the abalone and shrimp on a plate and add 16 slices of small cucumber and 16 very small onions or halves. Sprinkle this with about 1/4 cup each of salad oil and lemon juice, then add salt and pepper to taste and let them stand for 1/2 hour at least and turn often. Place this on skewers alternating the different things and then cook over a charcoal fire until shrimps are cooked, turning every few minutes and basting with the oil and lemon mixture. Saté sauce just like one uses for meat can be used instead of this sauce if you prefer.

Besides the main course that one cooks over the barbecue grill there are other things that can be made at the same time right in the

coals. If you want baked or rather roasted potatoes wrap them in aluminum foil and put them right into the coals. This way you won't have any trouble finding the potatoes afterwards and they won't be all charred and partially coals themselves. Cooked in aluminum foil you can spot them without any trouble even in the dark. The potatoes come out nice and clean and they can be kept in the foil to keep warm much longer too. Don't stop at potatoes though. Have you ever tried roasting sweet potatoes? If you are having pork barbecue use the deep orange colored "camotes". They are so much like our home-side yams and go very well with a pork barbecue. For beef you can use the white camotes. These also should be wrapped in aluminum foil. And all of the bananas are excellent barbecued too with their skins left on. Use the semi-ripe ones for this purpose and eat them instead of potatoes. Choose well developed ripening bananas which are still hard. If you want the bananas to be sweet to serve with pork then use the cooking bananas (locally called saba) and use ripe ones for this. They will be soft rather than mealy and are good too but won't replace potatoes. You can cook your bananas on top of the grill or wrapped in foil and put them right into the coals but always leave the skin on them. Ubi which is a yam can also be roasted in the coals but be sure to use the white ubi for this purpose. The deep purple ubi is just as good but the color is not appealing for this purpose.

The local yellow squash "kalabasa" can be cut into wedges, leave the skin on but remove the seeds and center pulp, salt and pepper the flesh and put a slice of bacon along the flesh and then wrap in aluminum foil too and put this among your coals to bake while you are barbecueing the meat on the grill above.

"Rimas" or breadfruit is excellent baked whole with the skin on right in the coals but they are so hard to find in the markets. If you ever have a chance to buy any do try them this way though for a really unusual and most delicious dish. I only wish they were more readily available.

Now that fresh mushrooms are available in many of the larger grocery stores you can use them when making saté sticks. They are a bit too large as a rule but you can halve them or quarter them and put them on your skewers with meat chunks. These mushrooms freeze quite well just as they are or dipped first into boiling water but they do lose some of their flavor that way. Be sure and put them into air-tight containers to freeze. The mushrooms too can be wrapped in aluminum foil with butter and seasoning and put into the coals or on top of the barbecue grill and cooked for a few minutes just before serving the meat. They steam in their own juice and taste excellent. Serve them on your meat if you like or place them in a dish and let people serve themselves.

Barbecued foods are so good that I wish more people would make use of the fact and try different foods. Anything barbecued in this house is bound to be a success with the whole family.

Citrus Fruits

If you have passed any of the fruit stalls on the outside of any of the markets lately you will see all sorts and descriptions of citrus fruits now for sale. They always come in just about the middle of the lanzones season. There are the large pomelos called "suha" which come in both pink and white flesh fleshed varieties. They are wonderful in salads and the pink-fleshed ones are especially nice as they add such a nice bit of color. They are a bit dry to eat alone but some of them are juicy and make very pleasant eating. The Mindanao grapefruit are also available at present and are excellent. They are even better than the imported ones to my way of thinking, as they are sweeter, just as juicy, and are picked at the proper stage of ripeness, unlike the imported ones which must necessarily be picked too green. The flavor is almost identical to the imported ones. Another fruit, a wee bit smaller, is the "cahil". It is somewhat like a grapefruit too but is different in flavor as it tastes halfway between an orange and a grapefruit. Both the cahil and the Mindanao grapefruit are very thin skinned and I usually remove the skin with a sharp knife, cut out the sections, and use them in salads or serve them for breakfast. A mixture of avocado and cahil sections with a French dressing makes an outstanding salad. I just recently bought large numbers of the Mindanao grapefruit and prepared them as above in sections and put them into pint containers and froze them so that I would have them when out of season. You don't have to make a sugar syrup or add any sugar at all for freezing. I have found that I could use them all through the year. But keeping them over seven or eight months is not a good idea because they tend to become a bit bitter. The cahil makes excellent marmalade but you have to use a very sharp knife when you slice it as they are a bit tough. If you first cut them into quarters you can remove the hard membrane in the center quite easily and at the same time remove the seeds. Follow your favorite marmalade recipe and see if you don't think cahil isn't just as good though slightly different in flavor. Calamansi which almost everyone is familiar with also makes excellent marmalade and the flavor is quite distinctive. I use small bits of calamansi peel cut up fine and put it in bread puddings to take the place of grated lemon peel.

The "dayap" or lime is better than the type we get at home as there is more oil in the skin and it **is** the skin of the lime that provides the excellent flavor. There is nothing quite as refreshing as a limeade with a bit of crushed fresh mint in it. You can buy dayap the whole year round but they are cheaper now than other times. They sell now for ₱1.20 a dozen and compared to the ₱3.60 a dozen for imported lemons it is a considerable saving and certainly just as good. At this time of the year they are extremely juicy so that acactually you are getting more juice for your money too. All of the soft drinks are considerably improved in flavor if you squeeze into it the juice of about 1/6 of the dayap cut in a wedge and then drop the wedge right into the drink. It gives it such a fresh clean flavor and tang.

"Naranghita" is also available now. It isn't quite like anything we have at home but it is closer to a tangerine than anything else. They are very sweet and my children prefer them to a homeside orange because they are so easy to peel. They do have seeds but are not heavily seeded.

The "suha" or pomelo rind can be candied according to any recipe for candied lemon peel and it makes an excellent substitute for candied citron peel being very much like it in flavor. Citron peel is very hard to obtain here so it is nice to have something that can take its place.

Sea Foods

Philippine waters are rich in all sorts of fishes and other creatures of the sea which should grace our tables more often. One fish that is never out of season here is the "bangus" which is a large bony silvery fish of the herring family found in all the markets. Because this fish has so many small bones I like it best stuffed. This is called "relleno" here. To do this, you scale the fish and then carefully slit it down the belly and remove the flesh and backbone from the skin being very careful not to damage the skin. If you then take a rolling pin and roll the flesh a bit or press it with the ball of the hand the bones can be removed fairly easily. If you find this too difficult or time-consuming, boil the fish in a tiny bit of salted water until just tender and then remove the bones. Mix the flaked (bone-free) meat with cheese and butter and onions and a small amount of heavy white sauce and one beaten egg. Put this back inside the skin and sew it up. Bake in a moderate oven. It is excellent this way but you can make any type of stuffing mixture that you like. A bit of white wine makes a nice addition.

I can't talk about bangus without telling you about my favorite ways of having it. I have yet to find anyone who likes fish who doesn't rave about it and want to know how I make it. In the markets they sell smoked bangus which is called here "Tinapang Bangus" or "Tinapa ng Bangus". They are bright yellow from the smoking and a colored oil that they put on the skin, and they smell heavenly. We skin them, and as they are smoked with hot smoke the flesh is actually cooked through, and we find boning them very easy though a bit tedious. This flaked fish I then prepare in two ways. As a creamed fish just as if I were making creamed salmon (though this is far more delicious) and serve it with rice, or else I put it into a casserole dish. Then make a medium white sauce and put the fish flakes into it and sprinkle with buttered bread crumbs and a bit of cheese and white wine and serve it with hot biscuits. The other, and best way of using the boned smoked fish is as a cold snack served as small chow before dinner. This is just about the best fish paste you will ever have tasted. Please try this or you will have missed something really outstanding. Put the deboned bangus through a meat grinder twice. To three medium sized fish add 1/2 Lb. of softened (not melted) butter and knead this mixture very well until well blended. Serve this with crisp crackers as a spread. Let your family or friends spread it on the crackers themselves so that the crackers will not lose their crispness. You will not need salt in this as there is enough in the butter and the fish. It is by far one of the nicest small-chow recipes that I know of. Four large fish, when served hot and creamed, were plenty for seven people and we even had left-overs. I always get the largest size I can find and though they are usually marked at ₱1.20 each they will usually sell them for less if you haggle.

Another fish that is always satisfactory is the flat fish or "dapa". It is very much like the sole or flounder that we have in cooler countries. Skin the fish and fillet it and prepare it as you usually do any fish fillet. I like to salt it, dip it in flour and then fry it. Just before serving, I brown some butter in a small pot, add some chopped blanched almonds and fry them together until the almonds brown slightly and pour this on top of my fish fillet. It is also excellent coated with batter and deepfat-fried and served with lemon juice or

tartar sauce. Most people don't realize what a delicious fish this is and I have never paid more than ₱1.50 a kilo for it and sometimes as little as ₱1.00 a kilo which makes it one of the cheapest fish available.

The "lapu-lapu" which is considered about the best fish available here is a rock bass. It is really worthy of praise and especially when you get the small ones and serve one to a person but there are so many others that are just as good depending on the type of fish one likes and how they are to be prepared. There is one fish that we use very often called the "tamban". The tamban is a herring, a real herring. When I can find large ones I buy quite a number of them, clean them, split them and store them in the freezer for future use. These make excellent pickled herring or rollmops. Don't skin them. Split the fish in two after removing the head. Remove the backbone and then put a slice of dill pickle and a slice of onion on each half, roll it up and secure it with a toothpick. Pack these rollmops in a glass container and pour over them a pickling brine made of water, salt, vinegar, a bay leaf, grated carrot, black pepper, and a wee bit of sugar. If you have dill growing in your garden add a few leaves of this as well. Let this stand in the refrigerator for at least two weeks to allow the vinegar to soften the bones completely. You can then use them as they are or add sour cream or whatever you like. Make pickled herring the same way only add a bit more sugar and cut the fish into bite-size pieces. A bit of white wine added to the brine makes it even nicer.

Still another way of pickling this herring is to fillet it leaving the skin on and rolling the fillets in flour. Fry these fillets in inch-deep hot oil or fat, drain on paper towel and when cool place a layer on the bottom of a glass container (a large refrigerator dish is excellent for this purpose) cover with sliced onions, some fresh dill, if you have it, another layer of fish and onions, etc. Pour over this a mixture of dry white wine, mild vinegar, salt, pepper, and sugar. Allow this to stand in your refrigerator for about one week before using. Don't make the vinegar too strong but if you should want to use it sooner make the proportion of vinegar greater and it can be used within 24 hours.

When used fresh they are, in every way, like fresh herring, including the many bones. I remove the head, slit down the middle to remove the backbone and then salt and pepper the fish and roll it in ground oatmeal or cornmeal and fry to serve for breakfast. The first time I gave it to my husband this way he asked me where I had found the fresh herring as they are identical to cold water herring, at least he thought so.

There are many kinds of clams to be found in the markets and the best way to decide which ones you want to buy is to go to the market and pick out those that look like the ones you used back home. You will find that they are almost the same and in many cases are exactly the same. Be sure that they are fresh. Oysters are available too but unless you are sure of their source it is safer not to use them. If you know your vendors and can rely on their telling you the truth as to where they came from and they did **not** come from Manila Bay then they are usually safe. Manila Bay oysters may be safe but the water in Manila Bay does have the city sewers emptying into it and I don't relish the thought.

There are a few types of crabs available too but the best are the large blue and white sea-crabs known here as "alimasag" and fresh-water or river crabs known as "alimango". I much prefer the later but both of them are excellent. The alimango is always sold alive and the alimasag, though dead, is always bright blue and white if fresh but starts to turn reddish as soon as they have been kept too long. For this reason, you should have no difficulty in choosing fresh ones.

There are wonderful big prawns to be found all year long and I have found that though they have wonderful flavor they are usually a bit rubbery and tough but that can easily be remedied by putting a bit of meat tenderizer on them one-half hour before cooking. It is amazing what a difference it makes. There are both fresh and salt-water shrimps of all sizes. The fresh-water shrimp are always a dark-green color and should be bought alive. The salt-water shrimp are never alive but as long as they have not started turning pinkish or red you can be pretty sure they are fresh.

Local Nuts

Anything written about nuts in the tropics must begin with the coconut as it is certainly by far the most common, the cheapest, and the most versatile. For some unknown reason people use dessicated coconut for making pies, cakes, etc. The fresh coconut is so far superior in flavor and texture that it seems a shame not to use it. A coconut cream pie made with fresh coconut is so tender and so nice. It is very pretty too if you take the freshly grated coconut meat and sprinkle a bit of sugar on it and toss it together to get it

well coated with the sugar, and then sprinkle this on top of your meringue before baking the pie. The sugared coconut turns a nice brown and becomes slightly crispy. A soft fluffy icing on a cake, and between the layers, that is well fortified with freshly-grated coconut is simply delicious and luckily is usually eaten up at one sitting, as it won't keep without refrigeration because it tends to turn rancid. After squeezing the milk from coconut meat and the meat is quite dry add an equal amount of white sugar and mix it well. Now put this into a well heated heavy cast iron or cast aluminum pan, tossing it steadily over high heat until it turns a warm brown. Now pour immediately into a large cookie pan or baking pan continue to toss steadily until it is cool. The result is a lovely, crispy food somewhat like grapenuts in appearance and texture but crispier and sweeter and the children love it. Or you can take it from the pan and put it while still hot into oiled muffin tins and press down very lightly with a small glass so that the still hot sugar makes it cling together. Let them cool and eat them as they are or dip them in dipping chocolate. Don't make them too thick and don't press down too hard or they will be difficult to eat and hard to get your teeth into. Be sure to remove the candy from the pan as soon as it is nice and brown as it will burn very easily just from the heat that remains in the pan after it has been removed from the fire. This is excellent stored in bottles with air-tight caps and used as a garnish on ice creams and sundaes.

Cashews and pili nuts are available now in most of the groceries and almost all of the larger markets. The cashew can be used in place of almonds and walnuts in many cakes and candies and they are wonderful in fruit and nut breads. I like cashew in many salads and especially in grated carrot salad and in Waldorf Salad. The flavor is not too strong so it does not take away from the vegetable flavors. In baking banana bread it seems to blend in better than walnuts do. For a real treat boil some cashews for about one-half hour in very little water until they are quite tender. Then make a mixture of white sugar and a good sherry wine and allow the nuts to soak in this for about two weeks. This is delicious eaten as it is and is a wonderful topping on French vanilla ice cream.

The pili nut is another nut that I use quite a bit but usually for baking as it is quite an oily one so I don't find it as desirable for mixing in salads or fruits as the cashew. There is one way, however, that it is attractive in a salad and one that is sure to bring many comments from everyone. Place a slice of pineapple or half a peeled mango (flat side down) on a leaf of lettuce. Make a hole in the mango with the small inside circle from your doughnut cutter or use the complete doughnut cutter and cut the mango in a doughnut shape. If you use pineapple remove the core. Into this center hole insert a 2 to 3 inch long piece of banana which had been cut flat at each end. On the top of the banana place a peeled pilinut and light it. This will burn for about 20 minutes. Garnish with chopped nuts and mayonnaise at the base and you have a really attractive salad that tastes as good as it looks. These fruit candles won't do very well in a windy room, just as an ordinary candle won't, but you will find that they don't blow out too easily. When eating by candlelight this makes an excellent added touch to the table. If you like you can grate some cheese onto the base of the candle as it does go well with the banana, pineapple, or even with mango. Pili nuts are wonderful for replacing peanuts when making peanut brittle and is, in my opinion, much nicer. Pili nuts are also excellent boiled, blanched, and prepared with the sherry and sugar mixture in the same way that I recommended doing with the cashews and the combination of the two is also very nice.

I needn't tell you what to do with peanuts as you all know their many uses only too well. They are available here the year round and they can be bought with or without the shells, toasted or raw, and even fried and boiled. At this time of the year they are fairly cheap. I have found that if I use broken peanuts or chopped peanuts and combine them with maple extract the result is a flavor very much like walnuts so that when making fondant and other candies it becomes a very good substitute for walnuts, when they are not available or too expensive.

Halloween

Your children can have Jack O' Lanterns even out here. They won't be as big or as golden as the ones back home but they will still be Jack O'Lanterns. Get the biggest squash you can buy and be sure it is a nice yellow one for two reasons: First, the color is better, and secondly, the riper they are the thinner the flesh and the easier to scrape it out. Also when it is ripe the skin is harder and there is less likelihood of damaging it. After cooking the flesh until tender put it in a round pyrex dish, season it and bake it but make a topping by cutting out eyes, nose, and mouth from pimento or green pepper and making a face. You can do the same by using small meat patties for the features. The children will probably find their vegetables much more palatable this way. If you use small meat patties for the eyes and nose, a whole strip of bacon makes a very good mouth as it contracts and becomes wrinkled which produces a good effect and anyway bacon tastes so good with squash.

Now for the Jack O'Lantern; I prefer to make my Jack O'Lantern slightly different from the usual way. I don't cut off the top of the squash but instead I cut out a large square at the back. Scrape out the insides, and cut out the features. When the lantern is completed line the bottom and the back of the squash with aluminum foil and place in it a red or yellow light bulb with an extension cord. Replace the square that has been cut out of the back but first cut out a small notch for the cord. Use two small nails as pins to hold this square onto the squash and then plug in the other end of the cord and you have a safe and extremely attractive Jack O' Lantern. Electricity is so much safer than candles and there is no temptation to carry the Jack O' Lantern about which leaves the door wide open for accidents—dangerous accidents. If your squash is large enough, put two light bulbs inside, one red and one yellow and attach a blinker to one of them. This gives a very eerie effect and certainly will get more attention than any ordinary Jack O' Lantern.

If you prefer a long-faced gloomy-looking individual for your Jack O' Lantern buy the biggest green papaya you can find. Be sure it is not too narrow or you will have trouble scraping it out and there won't be room for your hand to move about. I always use a grapefruit knife for this work or for cleaning out a squash because I can cut out larger bits at a time instead of wearing out my wrist trying to scrape. When I have cut out almost enough then I scrape with a spoon. As papaya is not nearly as difficult to work with as a squash or pumpkin, you can take a small sharp knife or razor blade and cut all sorts of features that you couldn't possibly cut on a pumpkin. As the skin of the papaya is dark green and the flesh inside is so white, the extra effort is well worth the trouble. You can put wrinkles, smile lines, moles or what have you just for the fun of it. Green papayas are very reasonable and for twenty centavos each you can get a number of smaller ones and let the children carve a few faces themselves with different expressions. Because the papaya skin is not brittle and hard like the squash skin there is much less chance of having a knife slip and the children hurting themselves. This in itself is a good reason for giving the children papayas to carve especially because they always want to have some part in the holiday fun.

The flesh that you cut out of the papaya can be used in soups and stews or as a vegetable dish. Cook it until tender and then make a cheese sauce for it, put it in casserole dish and sprinkle with bread crumbs and bake in the oven until the crumbs are browned. Or you can make a tomato sauce similar to Italian spaghetti sauce with or without meat, mix this with the cut-up green papaya and you have another excellent dish.

A short ride out the south road and you can get "palay" or rice straw to make a small scarecrow for a house decoration. Dress it in doll clothes or a small child's clothes, top it with a papaya head and the children will love you for it. Get the children a few small green papayas, a few chayote, a few long purple eggplants, a few bettle nuts, some string beans, and a few headless nails and then let them use their imaginations to create a few strange animals for their own holloween decorations. They like doing this at Thanksgiving time too and it will keep a group of children very happy, very interested, and under control all for a cost of less than a peso per child.

Spices and Flavorings

Few people realize that there are many new tastes experiences to be had out here in spices and herbs that we cannot get back home and what a pity it is too.

There is to be found in most of the local markets, a type of pandan which I like so much that I have planted it in my own garden so that I always have plenty for kitchen use. This pandan is known here as "Pandan Mabango" or translated means fragrant pandan. When boiling rice I always put one or two leaves in the bottom of the pot before adding the uncooked rice and water and there it stays all through the cooking process and is only removed when I am ready to serve the rice. It gives a lovely fresh clean flavor and as an added suggestion to make your rice even better, add a bit of salt and a teaspoon of butter before cooking and a wee bit of monosodium glutamate which is sold under many trade names but known best as "Accent". This pandan leaf is also nice when a piece is added to chicken and rice soup or almost any rice dish at all especially when made into a rice pudding. It is always removed before serving.

Another herb grown here and known all over the world is lemon grass. It is known locally as "tanglad" or "salaid". This is a tallish pale green longleafed grass which though not very beautiful can fill in some small spot in the garden and certainly it helps out in the kitchen. Any sea food at all that is boiled is greately improved by the addition of lemon grass. I take a clump of the leaves, wash them, tie them into a knot, and add them to the water that I boil fish in (a bit of fresh ginger helps too) even if the fish is only being steamed for later use in a salad. This also is removed after cooking. Any of the sea food chowders are improved with a clump of lemon grass added. It smells like, and gives a flavor, almost identical to lemon peel. This added to rice while cooking for use in making rice pudding takes the place of lemon rind in the pudding. When stewing prunes a clump of lemon grass in the water gives a lovely flavor to the fruit without detracting from their own. When boiling santol for jam or jelly (also "duhat" or lumboy) the lemon grass adds considerably to the flavor of the fruit without changing the actual fruit flavor. When baking a whole fish a combination of lemon grass, a few onion tops, and fresh dill leaves in the cavity imparts a delicious flavor to the fish. This should be removed before serving.

Ginger grows easily out here and can be found in all the public markets and the grocery stores carry it as well. I never realized just how important fresh ginger was to me until I went to Long Island and found that I had to go all the way in to the city in order to find it. At that it was far from fresh—it looked more like a tired prune. Use a bit of fresh grated ginger or ginger squeezed in a garlic press in your ginger bread (incidentally add a bit of fresh grated coconut to your ginger bread too—it is excellent). This is much nicer than the powdered ginger and has a far better flavor. Put one or two slices of fresh ginger in your fish soups and in the water you use when you want to boil or steam fish. When I make a Chinese meal I always add grated, finely chopped, or pressed (in the garlic press) ginger to my sweet-and-sour sauce to give it the proper tang and that extra zest. Before frying chicken I make a mixture of grated ginger, pressed garlic, a little bit of salt, and equal quantities of honey, soy sauce, and brandy (you can use rum instead) and soak the chicken in this a few minutes before coating it with flour and then fry for the most heavenly fried chicken you ever tasted. There is another ginger available in the markets known here as "dilao" which means yellow. This is turmeric (or tumeric) which is the yellow coloring used in curry powder. It is not hot as ordinary ginger but has a very aromatic flavor. When you add this to rice it gives it a bright yellow color but if you add too much you will notice a slight bitterness. I always put it in my rice when I am serving rice with satę sticks. In Indian cookery this is widely used for flavoring fish, poultry, meat dishes, and even cakes.

Most people don't consider onions as a spice or an herb but as a very essential part of cooking. There is a fairly good variety of onions here most of the time. The small green onions or spring onions we all know how to use. I use the small local red onions called "siboyas Tagalog" for pickling because we can't get the pearl onions but these are actually much nicer in flavor. And they are nice in salads too as they add a bit of color. Sometimes we can buy a pink or purple onion about the size of plums in the market that are newly harvested, with the leaves still on them, and they are very mild and sweet. They are excellent in salads and if you like onion it is surprising how generous you can be with them as they are very mild. I like to boil them in very little water, a bit of salt, pepper, sugar, butter, and mace (if you don't have mace, nutmeg will do) until all the liquid is gone. The so-called leeks that one buys (the true leek has a flat leaf) are also very good in salads as they too are mild. They are better in soups than the hard dry imported varieties and the white stalk end can be sliced and used for frying just as any dry onion can be used, Whenever the price of onions goes up, as it periodically does, I buy only these green onions.

Dill grows beautifully out here and if you are planning on making any pickles in the cool season when the small green cucumbers are in season then plant your dill now so that you will have lots of dill greens. The leaves and branches of the dill are excellent to stuff fish for baking, to chop and add to green salads, and to put into creamed sauces for fish and egg dishes.

Small Chow Hints

Last year when I was visiting my sister in N. Y. I wanted to make some lumpia (or spring rolls) for her. Lumpia is a very tasty local dish introduced by the Chinese. I didn't know what to use for lumpia papers though so bought some strudle papers at Macy's food store. Now I use lumpia papers out here for making strudle so it works both ways. The lumpia papers though can be kept on hand and used easily and quickly for making all sorts of small chow served before dinner with drinks or for afternoon teas. Lumpia papers can be bought in all the local markets. They are very reasonable and the price varies according to how many you want — like buying wholesale. For ten centavos you can get any where from a dozen to fifteen but if you were to buy fifty centavos worth you would get pretty close to a hundred of them. They are thin paper-like circles made of rice flour. I take these and wrap in them a mixture of ground-round well spiced with chili powder, onions, a touch of garlic, tomato paste, salt, pepper, etc. all well cooked and then thickened with a bit of flour paste (water and flour mixed) and when it is cool I put about one teaspoon to each paper, roll it up, folding over the ends as I roll and then moistening the ends so they will stay folded. I store these in the refrigerator or freezer and when company comes, I fry them in hot fat and in no time at all have a wonderful hot small-chow dish to set in front of them and very popular they are too. They are about the size of my finger when cooked —a bit shorter actually but as big around, so it is a nice size to handle. A thick chicken and mushroom mixture can be used, fish prepared as for croquets, chopped egg with a thick cream sauce or any other mixture than you can dream up. It is even excellent with a small bit of cheese of some sharp, easily melted, variety. When fried in deep oil the cheese melts and is coated with the crisp layers of the paper and makes a very unusual and tasty morsel. If you have a freezer or a freezer section in your refrigerator you can make up a number of these and keep them ready for frying at all times and they are a very useful way of using up small amounts of left-overs.

To make sweet ones there are endless ways too. Take your papers and spread the centers with melted butter. Brush it on with a pastry brush, sprinkle with sugar and cinnamon and roll up loosely, turning in the ends and then bake in a slow oven until light brown. This is like cinnamon toast only made of the finest of French pastry. Do the same thing with the melted butter only put in a mixture of peanut butter and honey and either bake or fry—I prefer baking. You can make up all sorts of fillings. Dates with butter and sugar; nuts and chopped prunes; a slice of apple with butter; sugar and cinnamon; mixed nuts and fruits; jam, mince meat is one of my favorites; peanut butter and jelly; etc.; etc. You can think up all sorts of lovely things to use but be sure that you bake them slowly so that they are crispy all the way through to the inside layers, make them small,, and be sure not to get the melted butter right out to the edges or the papers won't stick together when you moisten the ends. Another thing to remember is to be sure to get your filling sweet enough because after you add it to the paper it needs the extra sweetening to make up for the lack of it in the wrapping. The reason I brush all of these sweet ones with melted butter is because I do prefer baking them and the butter makes it very crisp. If you fry them you don't have to brush them with butter. These too can be stored and frozen until ready for frying and are very nice for serving with tea or lemonade or coffee when people drop in during the day.

Beans

There are an unusual number of green beans to be found in the local markets here, and most of them are excellent. Right now the winged-beans or "seguidillas" are in season and they are an exceptionally fine bean too. They produce the whole year round but right now they are more plentiful and are cheaper too. I prepare them just as I would ordinary string beans with butter added or with crisply fried bacon added while cooking, au gratin, or with onions and tomato added. They are excellent no matter how they are cooked. You have to string them just like string beans and then slice them in fairly fine slices and each slice has four corners on it. They look so nice on the plate. The "sitao" is a long thin bean which is also very good cooked just as one would cook string beans but be sure that you get them when they are still young and tender as they do get quite tough if they are not young. I have also cooked them when they were far from young but then I remove the pods and prepare the beans just as I would dried white beans for pork and beans or baked beans. They are excellent this way and a pleasant change from the usual dried bean. The hyacinth bean or "batao" is another excellent bean and its considered by many to be the best of all the green beans available here. This is one bean that is seldom tough or stringy. They have a very fine flavor and again can be prepared just a one prepares any other green bean. They are a pale green and have a slightly purplish color along the edges where the strings are. There are two types of string beans here, one being the Kentucky Wonder which is the better of the two to my taste. They are rounded and more tender than the other type which is a bit flatter and the pod is sometimes tough even in young beans. String beans make an excellent salad if cooked until tender and then left to marinate in vinegar, salt, pepper, oil, and a bit of sugar with raw onions cut and added. They should be allowed to stand for two or three days before eating. If you don't want to wait for two or three days, boil your beans in vinegar instead of water and it has pretty much the same effect as soaking. There are a number of other green

beans available in the markets that are very good and the way to find out which ones you like the best is to buy a few and try them out.

Anyone that likes a nice thick bean soup such as black bean soup or lentil soup will find that the local mongo beans have an excellent flavor and, to many of us they are superior to most other beans. We prefer the green ones to the yellow ones. They are the same bean except that one is more recently harvested. They don't have to be soaked as long as the yellow ones (in fact I don't even bother to soak the green ones) and have better flavor. I like adding a bit of ham skin, ham, or a ham hock and, lacking that, salt pork is good too. Just before serving I add coconut cream instead of regular cream and it is excellent this way. Soy beans are also plentiful and there is another bean called here "tapilan" which is very much like the mongo and considered by some as even better.

Lima beans are found in the markets during the cool season so should be available soon now. They are exactly like the ones we get at home and reasonble. I find that they freeze very well. I blanch them and then freeze them just as they are and use them later when they are no longer available. You can buy the small ones that are still green or the larger ones that have already turned white. They are both very good depending on how you want to use them. I have seen a few in the markets recently but will wait until they are more plentiful and cheaper before I buy them for freezing.

While I am on the subject of beans I must deviate a bit and tell you about Chinese peas too. They are called here "chicharos". These peas which are eaten pod and all are one of the finest vegetables ever. Right now they are still a bit high and a few weeks ago sold for as much as ₱3.80 a kilo! They are cheapest during the coolest part of the year and most of those sold in the markets come from Baguio and Tagaytay. String these and cut them in diagonal slices or if they are small leave them wohle and sauté them in a bit of browned butter, add salt, a bit of pepper, a bit of sugar, and chopped fresh mint or dried mint flakes. Serve them right away. Don't let them steam until they lose their lovely crispness which is their main attraction. Add a few whole ones to chop suey or wash them well and slice them raw into a salad for a new and very pleasant flavor, or use them mixed into other vegetables but don't overcook them ever because they will lose so much of their flavor and distinctiveness.

Names of Local Fish

A few weeks ago a friend of mine suggested that I write about the names of local fish and give the English equivalent. Since then I have had others ask me for the same information so feel that it is time I did something about it. Naturally I can't possibly name all of them but here are the most common fish that can be bought in the markets. **Herring** which is just like our homeside herring (either fresh or pickled) is known as "Tamban" here. This fish is also sold smoked and as good as any kippered herring and definitely better than the canned kippers available in the grocery stores. The **sole** which is my favorite fish is called "dapa" or sometimes "tambiki". This fish is best filleted and is available the whole year. The most popular fish here and the one usually served in restaurants is the **"lapu-lapu"** which is a **rock bass**. **Barracuda** which is very common right now and excellent eating is called "rumpe candado" or to a lesser extent "asogon". This fish is excellent when you slit it open, remove the backbone and stuff it, and then bake. It has almost no bones and has a pleasant mild flavor. **White bait** is called "dilis" here. I like to get the very large ones and remove the head, split the fish and remove the backbone which comes out very easily, season, and fry in deep fat either as it is or dipped in flour first. I leave on the tail so that it looks very much like a butterfly shrimp when fried. The dilis are common in the local markets right now and are quite reasonable. The **salt-water cat-fish** is called "kanduli" or "bongoan". They are too bony for my liking. The **fresh-water cat-fish** is called "hito" and again I find them too bony though both cat-fish do have excellent flavor and are good when used to make soup. **Mullet** is called "talilon" here and has a very nice flavor. The **striped mackerel** is called "alumahan". The **Spanish Mackerel** is the "tangingi" here and is another of the more popular fish. It is available most of the time in the groceries as well as in the markets. **Oceanic Bonito** is called the "katcharita". The **yellow-fin** tuna is known as "albacora". I like this fish extremely well too and when I can get a really nice piece from a big fish I get lots of it and freeze it as it seems that the larger the fish, the more like cold water tuna it tastes. I presume this is because it comes from deeper water. All the different types of **cavalla** are called "talakitok" here and they are all excellent eating too. This is another fish that is usually available in the groceries as well as in the markets. The **two-finned runner** is called "salmon" here. It does tastes like salmon only milder and does have an excellent flavor. The **two-finned sea** bass is known here as "apahap" and is considered by many as the finest fish available in Manila. It is without a doubt one of the better fishes but, sad to say, is not always to be found. They do not seem to be very common. The **red snapper** is "maya-maya" and is another fish that makes very good eating but there is a good deal of waste due to the large head, so if you buy these be sure to buy plenty. Another fish which we like very much is called here "dalagang bukid" which means (literally translated) country maiden. I had to look this one up to find out the English equivalent, and still haven't learned to say it. It is the **denticulated caesio.** In spite of it's tongue-twisting name, it pleases the palate. They are a very reasonable fish and very pleasant in flavor with very few bones. There are two or three varieties of this fish ranging from very round-bodied fish to fairly flat ones. They are all good. There is one fish that always looks quite unappetizing but is actually excellent. It is the blue surgeon fish or **"labahita".** This fish is dark-skinned and has a rather strong smell but when you buy it (at only a peso or even less a kilo) they remove the head and skin and fillet it for you right there at the market. The fillets are then free of the strong smell and are a wonderful fish being tender and flaky but they do have a stronger flavor than some of the others so if you prefer a mild fish don't but labahita. I have found that if I marinate the labahita in calamansi juice for about one or two hours under refrigeration before frying, the flavor is not only milder but much improved. The **pompano** is called "pompano" here too and is just as good as any other but, sad to say, they are scarce and not often to be found. The most common fish found in the market the year round is the **milk fish** or "bangus". This is also smoked here and makes excellent eating though it takes a bit of time to debone them. We enjoy this fish regularly smoked, but not fresh because the deboning process is just not worth the trouble as they are like a herring in their bone structure.

* * *

When the children are roasting hot dogs or marshmallows in front of an open fire, protect the hands from the heat by puncturing a piece of cardboard about 8 inches square with the stick or fork and placing it just beyond the end where they hold it. They enjoy burning these afterwards in the fire.

Leafy Greens

There is certainly a wide variety of leafy vegetables here—to suit all tastes. For those that like spinach there are about four types to choose from. The Baguio Spinach or New Zealand Spinach which is available in the markets and in the groceries is the most well known here among the foreigners thought it is not the only one and certainly not the best for for my money. The Baguio spinach is the succulent velvety-leafed type which is more like home-side spinach than the others. Our favorite is "kulitis" as it is locally called. This plant is related to the nettle family but the cultivated variety is free of thorns. This has a most excellent flavor and is not at all slimy so that anyone who likes the flavor of spinach, but not its feel, can eat kulitis and really enjoy spinach. This type is available the whole year and is quite reasonable but be sure to buy enough as it cooks down to almost nothing. For those that do prefer the slimy type there is "alugbati" which again is a succulent thick-leafed type and quite shiny and pretty. This also cooks down quite considerably. I like this type for making salad. The sour dressing cuts the sliminess too which helps quite a it. The cheapest and most plentiful of all spinaches is the "kangkong" or swamp cabbage. This grows in water just as watercress does and it also is not slimy. The kangkong is very rich in iron and has a most excellent flavor. The stems can be used as well as the leaves (the same applies to the alugbati) as long as they are tender. We have always liked kangkong very much and because it grows in water, is not always full of sand that has to be washed out. Kangkong is somewhat laxative so don't eat too much of it at one time. It is the tropics' answer to figs and prunes.

Pechay comes in two varieties; one being the short deep-green leafed type that grows well here in the lowlands. The whole plant can be used and is excellent with onions and tomatoes. The Baguio pechay or lettuce-celery is one of our favorite vegetables and though it is excellent used in many ways I always serve it by boiling it whole in just enough water to cook it through (and no more) and then cut in half lengthwise and then cut the two halves lengthwise again. I then pour a generous amount of well-browned butter over this all. The reason I always do it the same way is because it is so much better that way than any other that it seems a shame not to make it the way we all like it best. If you prefer just the leafy parts of both pechays you can cut off the thick white stems and drop them into boiling water leaving them only until the water comes to a boil again and then remove and chill. These can then be put into a salad with cooked carrots and cooked string beans or served alone. The stems can also be diced raw and put into a tossed salad. They have a slightly peppery flavor (which is lost in the cooking) which is very pleasant and added to that it gives a nice crispy touch which is most excellent especially when you have no celery or apple at the time. Mustard greens are also available in the markets but they are a bit stronger in flavor than those that we get at home. There are any number of other greens available here, all coming under the general headling of "talbos". These are the tender tips of various squash and bean vines. There are the camote or sweet-potato vine tips "Talbos ng Camote", which are used most often here to make into salad. The greens are cut up with the tender stems and then put into a large pot of boiling water and allowed to boil for about 3 to 5 minutes. Remove, chill, and serve with a Russian dressing. They can also be cooked like any ordinary spinach. There are also the tips of the sitao beans "Talbos ng Sitao", and the tips of chayote "Talbos ng Chayote", and squash tipe "Talbos ng Calabasa". I like the squash tips best of all. These have to be peeled or strung but only a bit at the base of the tips. I cut these up fairly fine and boil them in coconut milk with seasonings and chopped onions. This is really a delicious dish and one quite different from the usual dish of greens that one gets. Even people who don't care very much for greens usually like this one.

Varieties of Squash

As in most countries, there are many types of squash available out here too. I think the one most well known and most used is the common yellow squash which we use for making into Jack O'Lanterns and of which I spoke about previously. The second most popular one is the chayote with which most people are familiar as they are sold in all the groceries as well as in the markets. This is about the most versatile of all squashes available out here. They can be cooked plain and seasoned with butter or browned butter, or au gratin, or baked. They are excellent dipped in flour and then egg and bread crumbs and fried and we like them also when prepared this way: chop two or three slices of bacon and fry until crisp, pour off half the fat (add a clove of sliced garlic if you like and fry until slightly brown) and then add a chopped onion and fry until brown Add one or two medium sized tomatoes. Then add the diced chayote and cook only enough to tenderize it. Don't cook until it becomes mushy. The chayote originated in Mexico and is now, to my knowledge, raised in Florida, Louisiana, and Southern California and possibly in many other of the southern States. It has a pale green flesh somewhat like a honeydew melon and it has a flavor that is less flat than most of the squashes. Chayote does not become mushy unless cooked for a very long time so it lends itself to many ways of preparation. It can be sliced like eggplant, floured and dipped into a batter and fried, it can be stuffed, halved and baked like acorn squash, it can be boiled and mashed and seasoned, or cook it whole and then cut in half and chill and serve it as a salad. I use it sliced raw instead of cucumbers in tossed salad. If they are very young and tender there is no need to peel them at all and if they are not too young you only have to peel them very thinly like potatoes. There is no need to remove the single seed inside unless they are old as the seed is sweet and has a nice nutty flavor. Another excellent way to serve chayote is to dice it and then boil it in a bit of water with a package of dry onion-soup mix added. I also like to add a bouillon cube to the water when I am serving the chayote plain boiled and seasoned with butter. It can be grated and added raw to coleslaw. If you are in a hurry and boil it to serve with butter try sprinkling toasted almonds, cashews, or pilinuts on the top. It makes a very pleasant change and dresses up a plain, simple, and quickly prepared dish. We always have chayote in our refrigerator.

I have already written about patola in a previous article so won't go into details on cooking but must recommend it again as it has such a pleasant clean fresh flavor but please don't overcook the patola ever as it then becomes slimy and loses its main attraction—the slightly crispy texture.

"Upo" or Bottle Gourd is another local squash that can be cooked just like you would cook summer squash though it too holds its shape and does not become mushy. There is no waste as you can use the whole thing, seeds and all (after peeling). The upo is a very large elongated pale green squash which is far too large for most families but the market vendors are glad to cut them and sell sections of them..

Cucumbers are a type of squash too though one doesn't usually think of them as such. There are two types of cucumbers out here; large white ones known as "pipino" and the smaller green ones

from Baguio. They both are excellent for pickles but one has to remove the central seedy section from the large white ones. I use these as a squash too. They are excellent cut in half lengthwise, peeled, hollowed out and then stuffed with a meat mixture, sprinkled with cheese and baked in the oven. Another excellent dish is a good goulash served in peeled boiled cucumber halves. They should be cut in half lengthwise and boiled until only just tender.

Butternut and summer squash are available out here at certain times of the year when they are sent down from Baguio to the groceries and markets.

Christmas in the Tropics

It may not be a **white** Christmas out here but with a bit of imagination and a small bit of time and effort we certainly can have a traditional Christmas. There are lots of local turkeys to be bought at the markets and at poultry farms, and hams are available too, both made locally and imported. But as far as tradition is concerned if we go back to our European forebears we find that roast pig was the traditional Christmas meal and out here roast pig or "lechon" is also traditional so why not make use of that which is best out here. It certainly is nicer to watch a suckling pig roasting over the hot charcoal than bending down looking into the oven now and then. A nicely browned suckling pig with an apple in its mouth is just as festive or more so than anything else. You'll have no difficulty finding an "expert" to fix it.

Many of our Christmas tradititons are of our making and quite recently too, but really the very first Christmas took place in a land of dry desert sands, palm trees, camels, etc. so celebrating it in a country of warmth and sunshine is certainly fitting. There are all sorts of wonderfully decorated and intricate paper and bamboo stars to be found in all the public markets and vendors are selling them on the streets. Christmas decorations should include the Star of the East in some form and the ones made here certainly are works of art so buy one and hang it on the porch or anywhere else but do buy one. You can always remove the paper and dismantle them afterwards and take them home with you. Putting new paper on again is not too difficult a job.

Your table decorations can be typical of the tropics and still be just as Christmassy as ever. Poinsettas are cheap and are always available. Poinsettas do not make good cut flowers because they wilt so rapidly but this can be easily overcome if you are willing to settle for a very low arrangement. I have found that by taking a candle and holding it just under the stem at the point where I want to cut, and actually cooking the stem through at that point before cutting, makes it possible to keep poinsettas for as long as six days. Naturally they still have to be kept in water. I know that many people advise cutting first and then burning or cutting and then dipping into melted wax, but with these methods one loses a great deal of the plant juices before sealing. Place the individual flower heads in saucers of water and in this way the containers are hidden and the flowers appear to by lying on the table. A few candles in-between make as festive a holiday table as one could ask for. Poinsettas don't keep well with long stems. Another nice center piece is very easily available too. Remove the tops from three pineapples and pull out a few of the center leaves. Then gild the leaves or paint them red with touches of gold. Place these in a row down the center of your table with candles placed in the center (where you pulled out the leaves). They make a perfect candle stick and look so festive. Be sure to stand them on small saucers or bits of aluminum foil to prevent the juice from staining your tablecloth. Place nuts or fruit around this and you are ready for that "Gala" meal. You can buy pineapples in the markets now.

For miniature trees here and there in the house, one of the nicest is the flower of palm after the seeds have fallen off. The shape is perfect. You can leave them in their natural color, gild them, paint them green or white or whatever color suits you best. Tie narrow colored ribbons in bows at the ends of each branch or hang tiny decorations on them.

Another thing that I do every year is to take a few bits of hoya and put them into a miniature vase or Christmas ornament with water. Then I make small white berries from paraffin and string them together with a needle and thread and then tie them in clusters to the branches. The whole thing is then tied with a nice red ribbon and hung in a suitable place. Everyone always wants to know where I ever found the real honest-to-goodness mistletoe. You can find hoya in many city gardens hanging in the windows or growing on trees and a very short trip to the outskirts or to the provinces is bound to produce some. I have quite a bit in my own garden and each year I replant what I have used. One year I actually used the live plant planted in a tiny tin painted red and put the whole thing into a small white bird cage with tiny Christmas balls for extra color. The

fake mistletoe was twined around the bars of the cage and really was most effective.

If you like spiced peaches with your ham (should you use ham) try using papaya instead as suggested on page thirteen.

The Coconut

Not too long ago, a man I've known for almost as many years as I've been here, asked me If I wouldn't write about the coconut. I've written about coconuts in conjunction with other foods but it does deserve a place of its own as well. Coconuts are so plentiful here and do so much for so many foods that it would be most difficult for me to cook without them. My mother too finds them most necessary so that when she had been back home for a few months she asked me to send her a local grater as they are unavailable in the States. They cost only 30 centavos in the market. First let me explain that the coconut water is the natural liquid found inside the nut when it is cracked open. Coconut milk is made by grating a ripe coconut, adding a bit of warm water (or the water inside the nut) to the grated flesh, kneading well, and then squeezing out the milk. The result is a thick creamy milk. I use a potato ricer for squeezing because it not only gets more of the cream extracted but it is easier this way, and it doesn't need straining. This milk when placed in the refrigerator forms a thick cream on the top and leaves the thin watery part below like regular milk but the cream becomes solid from the cold so it is easy to separate. Coconut milk is excellent to use instead of water when cooking many of the leafy vegetables and also in the squashes. The milk is also excellent with fish, meat and fowl. The Hawaiians use it quite a lot in their chicken dishes and one most favorite recipe with anyone who has ever eaten it is Chicken-in-Coconut. The husked nuts are cut or broken fairly close to the top and the cavity is filled with a mixture of chicken cut in small pieces, onion, seasonings, and coconut milk. The flesh is left in the nut so the milk must be made from other coconuts. Put the tops back on the coconuts and seal them with a thick flour paste and bake for about two hours. This is then served one coconut to each person. The flesh of the coconut gives a lovely flavor to the chicken and visa-versa. When boiling fish, coconut milk is far better than water any day and gives a really extra flavor to the fish. I like to add coconut milk to mongo beans too when I cook them but add it toward the end when they are almost done and for this I add very little water to the flesh so that it will be quite creamy. For a wonderful sauce to serve with baked fish, combine thick coconut cream with lemon juice. The same combination but not quite so thick is excellent to bake fish in. The easiest way to figure the correct amount of water to use to make coconut milk for most dishes is to use the water from the coconut to combine with the grated flesh instead of water. This has a nicer flavor too. If you should lose the coconut water when breaking the nut then measure 1 cup water for every two cups of coconut meat (packed fairly tightly).

I would never dream of making chicken, shrimp, lamb, or any other kind of curry without using coconut milk. After frying the meat and curry powder, etc. together, add coconut milk instead of water or ordinary milk. It is far better than any other way and has a finer flavor. Coconut milk kills pepper heat though so you will have to add a bit more curry powder than you usually do. In fact, if your child should ever get into some fresh chili peppers, the finest thing for killing the burning sensation is thick coconut cream.

For a different canape try rolling soft cheese balls in freshly grated coconut and serve on a toothpick. Put freshly grated coconut in your waffle batter and into your gingerbread batter and also into banana bread. It makes an excellent addition to fruit cake. Use your imagination and after trying it a few ways you'll think of many new ideas.

Try this coconut pudding. Combine the water and grated flesh from a coconut and boil in the top of a double boiler for about 30 minutes and then squeeze it through the potato ricer. Add four egg yolks beaten until thick to this cream. Combine 1/2 cup sugar with ¼ cup water and boil for 5 minutes, then add it slowly to the cream and egg mixture. Put this whole mixture into the double boiler again and cook until thickened, stirring continuously. Put this into a bowl and let it cool slowly and then refrigerate. This makes a lovely pudding and has a most distinctive flavor. If you put this over gingerbread it makes a most unusual and delightful change. Put it into cream puffs or use it as a dessert with bits of meringue broken into it.

Use freshly grated coconut in cookie mixtures. You can color freshly grated coconut with food coloring very easily by squeezing the flesh a bit until you extract a tablespoon or so of the cream. To this add the coloring and then put it back into the flesh and knead it until the color is evenly distributed. This is especially nice for decorating cakes and cup cakes. Add sugar to grated coconut meat and then sprinkle on top of pies or coffee cake and bake until the coconut begins to brown.

Grated coconut is nice added to vegetable salads and to fruit salads and the ripe coconut is excellent this way but, even better than the ripe coconut, is the softer flesh of the green-skinned nut. If the nut is too young then there isn't enough flesh but try to get the kind where the flesh is only about half as thick through as in a ripened nut. This is really good. For fruit salad add your mixed fruits, coconut, some chopped fresh mint and sugar and then a bit of orange or lemon curacao. This is a real conversation stopper.

Freezing Local Fruits and Vegetables

I've been asked so often how to freeze certain local fruits that are not found at home and, therefore, are not covered in books on the subject, that I feel I simply must write about some of them. The mango is probably the thing most people want to freeze and luckily it does freeze well. I chill mangoes well and then peel them. With a sharp stainless knife I cut squares across both sides and then slice off the sides. The bits that remain on the seed are then cut off where they are large enough to do so and the rest of the flesh is then scraped in to the bowl with the diced fruit. This is important as it supplies the juice that keeps the fruit covered. You can also slice off the whole halves as well but I find it more useful diced. The only way I use the whole halves after freezing is for upside-down cake. The diced mango is then mixed with sugar and some of the ascorbic citric mixture that is sold for use in freezing fruit. Calamansi juice can also be used.

This prevents the top of the fruit from turning dark. The amount to be used is on the bottle. Use the dry sugar mixture for this. Don't use syrup with mangoes. They are sweet enough and have enough of their own liquid. I leave the amount of sugar to be mixed with the fruit to your discretion as the amount of sugar used will vary with one's taste. Be sure to use only very nice mangoes if you want good results and don't have them too green. The better the mango the better the end product. As soon as you have added the sugar take a wooden spoon or a well washed hand and mix the sugar and mangoes gently so as not to break the pieces. This draws more juice from the mango. Place this in your freezer containers and freeze right away. Don't try to do too many at once as it is always better to freeze food in small quantities to insure very rapid freezing.

Pineapples, I have tried freezing two or three ways and found that the best of all is to peel and slice the pineapple and then core it. I use the small inside section of my doughnut cutter (it is removable) for this is just the right size and makes such a neat job of it. I then place the slices in a container with a sheet of saran-wrap between each slice. This makes it possible to remove the slices one by one as needed. They come apart very readily as the saran-wrap does not stick to anything. I can then use one slice whenever I want it to add to cole slaw, sweet-sour sauce, fruit salad, etc. Pineapples freeze very well and are so cheap during the season that it would be a shame not to freeze any if you have a freezer. The thawed fruit tastes half-way between fresh and canned pineapple. I put absolutely nothing on the fruit in the way of sugar or acid and it is best that way.

Bananas I'm afraid just can't be frozen but when my trees are over prolific and we can't possibly eat them all, I make masses of ice-cream and at times have had as much as 5 gallons in the freezer at once. The only trouble is that the ice-cream turns a bit dark. I wish I knew how Howard Johnson's keeps their banana ice-cream so white!

I have tried freezing many things as they come into season and when the garden is over productive in some one vegetable I have found that following the instructions that come with the freezer is usually about the best way to do it. There is one item though that I don't agree with. I have found that the best way to freeze corn on the cob is just to put it into polyethelene bags (after husking) and freeze. I found that blanching them did not give such good results as freezing them fresh. The local corn is not very sweet and is usually picked too ripe for our taste. If you should drive out into the provinces and pass a corn field, find the owner and after you agree on a price, ask him if you may pick it yourself. That way you are sure to get nice young tender ears. If you buy and freeze them they will last you a good long time. I have planted Golden Bantam and Country Gentleman very successfully in our garden and then froze the ears when they were ready. This way I not only had them young and tender but had a real sweet corn which just isn't raised here as most corn grown here is glutinous. The reason that it is picked on the slightly over-ripe side is because most people here prefer it that way and boil it for quite a long time until it becomes quite glutinous.

I always freeze melons when they are in season and they freeze very well too. I chill them, peel, cut in half and remove the seeds and strings and then dice the flesh. I then take all the seeds and inside section and place it in a large sieve and, with a wooden spoon, stir until all the juice is removed. I add a bit of Calamansi juice and sugar to this juice and add the whole to the diced melon. This I toss gently and then place it in containers and freeze. Be sure that your containers are very airtight as melon quickly absorbs any and all odors that may exist in the freezer. These keep well for about six months.

String beans, lima beans, okra, etc. I freeze according to instructions but find that only the latter two are worth while freezing as the string beans are always available. If you should be able to get some unusually nice young ones while in Baguio or Tagaytay, then it is worth the trouble. I have done this once or twice. Strawberries also are easily frozen and are excellent. I stem them, wash them, sugar them, and let them stand for awhile until they begin to draw juice and then toss them very gently to be sure all the sugar is dissolved and then freeze in containers. I mentioned soursop or "guabano" before and I freeze the juice of that when they are reasonable so that I have it on hand for sherbet, cold drinks, ice-cream sauce, etc. I also always freeze three or four quarts of calamansi juice when they are at their cheapest. This year they went down to 20 centavos a hundred but were much cheaper in the provinces such as Batangas where they grow and there sold for only 5 centavos a hundred so it is worthwhile freezing the juice. The resulting calamansiade is just like freshly squeezed juice.

I went to the market today and the lovely green baby limas are back again. They are only in the markets for 12 to 16 weeks so I had to sit right down and talk about them. I bought them today for ₱1.20 a kilo already podded but think that they will be cheaper this coming week and the week afterwards. I bought up all I could find in the Quiapo market and intend to go back again the day after tomorrow and buy a lot more and freeze even more of them. They are so easy to freeze and are just as good a whole year later. We ate the last of the ones put up a year ago just two weeks ago. I blanch them just as one blanches almonds and remove the outside skin. For some reason or another the skin on the limas here is quite tough and should be removed but it is a very quick and easy job. I make a big pot of boiling water and then lower the beans, in a sieve or French fryer, into the water and hold them there for a minute or two. If you haven't a French fryer you can put the beans into a clean dish towel or jelly bag and then do the same thing. Before the water comes back to a boil again I take them out and put them into a big basin of cold water. I then pop the beans out of the skin with a slight pressure or squeeze with the thumb and forefinger. The beans are then put into containers just as they are, and frozen. I usually find that about 1/4 of them are a bit on the white side rather than a deep green and these I put into a separate container and use them for casserole dishes. They are wonderful with a bit of chopped ham or salt pork and a light cream sauce and baked. Chipped beef, chopped spam, or fresh pork tenderloin sliced thin does as well. The green limas I serve various ways but the way I like it best is to put just a wee bit of water into my beans and cook them for about 5 minutes. Then I take a bit of cream or evaporated milk and put it into a small pot with a bay leaf, a sliced small onion, one whole clove, salt and pepper and a generous hunk of butter and then pour this on top of the limas and let them stand until ready to serve and then heat it (but don't boil it) just before serving. It is also a really excellent dish when you make a cream sauce with melted cheese and mix with the limas and bake in the oven for about 20 minutes or until the sauce begins to brown on the top.

Another vegetable that is in season now and getting cheaper every day is cauliflower. I had some people over for dinner the other day who had been away from Manila for almost 20 years and they told me that one of the nice things about being back in Manila is having cauliflower again. They come from the Middle West so that must be the reason. We were always able to get it in California. The cauliflower from Baguio is ₱1.00 a kilo right now but the cauliflower from Tagaytay and the lower areas is only ₱0.50 a kilo which is a considerable difference. The Baguio cauliflower is more compact an very very white but the lowland cauliflower is just as good and for pickles is even better as it has more flavor.

The local tangerines are very reasonable right now, and as calamansi are getting higher everyday, I am using them for juice for the children. I bought ₱2.00 worth the other day at 20 centavos for nine of them. It takes three of them for the baby's juice and our little girl happily sits down to them for dessert every noon and they are so good for her. I'm so happy she likes them as well as she does too because she needs non-fattening foods and nothing could be better for her. If you have room in your freezer then

freeze some juice for later use.

Strawberies are coming into season again so watch the markets for lower and lower prices and try to buy them at their lowest —and best, for freezing, jam, and preserves.

Chinese peas are getting cheaper too and they are so good so do try them. The large white icicle radishes are very reasonable too and they are excellent in stews and soups and in salads. They are milder than the red ones. They are delicious grated raw and served with cold roast beef and also with cold corned beef.

Pickles

This is the perfect season of the year for growing all sorts of vegetables and flowers but to me the important thing is that now I have all the dill I need growing in the garden and so can start making lots of dill pickles. The dill grows quickly so if you plant some now you will have plenty of time to make pickles too. The dill grows the whole year but now it is at its best and so I grow lots of it and then freeze quite a bit to use the rest of the year for sauces and pickles and vinegar flavoring and to add to my pickled herring.

To make those really lovely crisp whole dill pickles get the smallest cucumbers you find in the market and wash them. Put them in a big pot which has previously been half filled with a mixture of vinegar and water and then add some sugar and salt to taste, mixed pickling spices, a bit of powdered mustard and a bit (a small bit) of tabasco sauce. This mixture must taste stronger than you want the pickles to taste as only part of the flavor is absorbed by the cucumbers. I have never measured the amounts I use as I do it all by taste. Then put the cumumbers into this liquid and be sure that it reaches up to the top of the cucumbers. Put it on the stove at a medium heat and then watch the pickles carefully and as soon as the liquid begins to start moving about a bit (not boiling) from the heat below remove from the fire. This heat is not even near boiling point as you can still put your finger into it for a second or two. Pack the pickles into a large jar and between each layer put dill leaves (and grape leaves if you can find any) and crushed garlic if you like the kosher type dill. Leave the pickles stand for two or three days outside the refrigerator and then put them into the refrigerator. They will be ready to eat 10 days after making and they will stay crisp for as long as they last. I have kept them for as long as four months and they stayed lovely and crisp all that time. I have always kept the liquid that was left in the bottle after we finished eating them all up and use that when making the liquid for the next lot of pickles as I felt it was such a shame to waste all that nicely flavored vinegar. It usually isn't very strong but by adding more vinegar and fresh spices to it it can be used over again. You can make the same type of pickle from the large white cucumber by peeling then first and then removing the seedy section from the center and cutting them into pieces.

Green peppers are plentiful now in the markets and they are quite reasonable so anyone who likes green pepper pickles should get them in the next couple of months when they are at their best.

Try making mixed pickles too in the next couple of months as the cauliflower is coming in though it is still high at present and you can use green peppers, sinkamas, and all the other vegetables that are and will be available now during the cooler months of the year.

My beets are looking wonderful right now and soon I'll be able to start harvesting them. I like keeping a bottle of pickled beets in the refrigerator and then they are always handy for dressing up a salad and they are so useful because you can drop a few hard-boiled eggs into the jar and the colored vinegar colors the egg and pickles them so that after three or four days they are lovely on tossed salads or eaten just as they are.

Desserts

The other day I tasted something new (for me) in the way of something really local and since then have tried it myself and think it is excellent. Most cookbooks have recipes for apple crisp delight. Try the same thing made with bananas. Baking does something to the banana's flavor that is quite delightful. Another new idea which is very pleasant to eat and quite different is to take a cooking banana and wrap it in lumpia wrappers that have been sprinkled with brown sugar and then fry. I mentioned lumpia wrappings before for small chow uses and this way it is wonderful as a dessert. The crispy outside covering is almost like an excellent pastry and then the sweet soft cooking banana inside is sweet but not too sweet and if you like it sweeter then sprinkle a bit of sugar on your banana and a bit of cinammon before wrapping it in the wrapper.

A lovely sauce to serve with puddings or to take the place of whipped cream on fruit salads is a combination of coconut cream and guabano juice. I mentioned before that the coconut cream is the squeezed juice from grated coconut (allowed to stand and chill so that the cream hardens and can be taken from the water below). The guabano juice can be made by peeling and deseeding the guabano and pressing the juice out of the fruit through a sieve with a spoon. This sauce is also wonderful served on hot fried bananas but then it has to be sweetened a bit. Ambrosia is excellent with this cream served on it too especially when you put **freshly** grated coconut into the ambrosia. It is excellent served with hot gingerbread too. Once you have tasted it you will think of all sorts of wonderful ways to use it. It is bound to become a family favorite.

With apples at their present price, making applesauce is an expensive business, but an excellent substitute can be made without much trouble nor expense. Cook green mango and chayote together until very soft and then mash them and add sugar and a bit of cinnamon. The green mango gives the needed tartness and the chayote provides the bulk. Use about one mango to two chayote depending on the size of each. Sweeten to taste. Green papaya can be used instead of chayote. Serve the applesauce with the cream that I just mentioned above for a light dessert after a heavy meal and just see how easily it slides down.

A very pleasant tropical pudding can be made out of pinipig. Pinipig is very young rice that is harvested before the grain becomes dry. The kernel is still green and has a wonderfully sweet clean smell to it. It is found in the markets most times but specially at rice-harvesting time. Take 1/2 liter of pinipig and soak it overnight in the refrigerator in 3/4 cup milk. This should be long enough to soften the pinipig very well. Then beat two eggs well and add about 3/4 cup sugar and a teaspoon of vanilla extract and add this to the milk and pinipig. Pour this all into a greased pyrex dish and dot with butter and sprinkle the top with a bit of brown sugar and bake for about 30 minutes in an oven of 375 degrees. You won't have a chance to try this once you get back to a cooler clime so try it now while you can.

Have you tried boiling bananas in the skin then eating them? A nice dessert can be made by boiling the red-skinned bananas in their skins for about 15 minutes and then cool them and pour over them some coconut cream mixed with freshly grated coconut and powdered sugar or else real whipped cream sweetened and with vanilla and freshly grated coconut added to it.

After writing last week's article a friend of mine was reading it and asked me for more details on the banana crisp as she said that there must be some variation between it and the apple crisp. I'm pretty bad about not giving details because I don't measure things myself as a rule but anyway here is how to make the banana crisp. Slice about five good-sized cooking bananas crosswise into a well greased pyrex dish. Arrange them neatly and sprinkle them with about 1/4 teaspoon of salt. Take 1/2 cup of vanilla wafer crumbs or ice-box cookie crumbs and combine them with 1/4 cup butter, 1/3 cup of brown sugar and about 1/4 teaspoon of cinnamon. Sprinkle this mixture over the bananas and bake at 350 degrees for about 20 minutes or until it is browned on the top. Serve it with whipped cream, ice-cream, or the coconut cream that I mentioned earlier.

Have you ever tried dredging bananas in flour and then sauteeing them in butter, sprinkle with sugar and pour warm light rum over them and light with a match and serve them flaming on the table? Baste them now and them with the rum until the flame goes out and then serve.

When pineapples are in season, and there are some in the markets now at not too high a price, they are nice peeled and cut lengthwise into long sticks. Put these into a long flat dish such as a bread pan and pour some rum over them and refrigerate. Turn them now and then and after soaking for the day serve them for a light and refreshing dessert in the evening.

A banana whipped-cream pie is one of those desserts that if you have tried once you'll decide to serve often because it is so easy to make and tastes so darned good. Add a dash of salt to 1 cup of whipping cream and beat until it is stiff enough to hold its shape. Fold in 2 tablespsoons of sugar and a few drops of vanilla extract. Cover the bottom of a baked pie shell with a small part of this whipped cream and then slice four or five well-ripened bananas on top of the cream in the pie shell. Cover the bananas with the remaining cream immediately and then garnish the pie with toasted coconut or finely chopped toasted cashew nuts or grated semi-sweet chocolate.

Another easy quick dessert made with bananas is banana short cake. For this gingerbread is better than regular shortcake. Again you can use the sweetened coconut cream or coconut cream with guabano instead of the regular whipped cream usually used.

Make a mango pie in exactly the same way you make an apple pie but do not add any cinnamon. I usually use about 5 mangoes cut into strips and place them in the unbaked pie shell, sprinkle with 1 teaspoon of lemon juice and then cover with a combination of 1/2 cup white sugar and 1 Tbs, of flour, dot with butter, put the top crust on the pie, and bake it for 45 min. at about 375 degrees. It does taste good with the the cinnamon too but we like it better without.

For a really different and interesting as well as delicious ice cream topping, mash together 1 cup ripe papaya, 1 cup pineapple, 1/2 cup of maraschino cherries and a dash of rum or lemon curacao.

Tamarinds

Tamarinds are in season now and are very reasonable so now is the time to buy them for making jams, jellies, and syrups for drinks when the weather gets a bit warmer. The first time I ever tasted tamarinds I thought that it tasted just like chutney except that it didn't have the garlic nor the pepper tang. Since then I have made chutney with tamarind and thought I was being very clever until I found out later that the Indians have made chutney from its as far back as mediaeval times. The name comes from the Arabic meaning "Indian Date".

The tamarind is the bean of a legumous tree that grows very tall and is a very pretty tree. It is found all over the Philippines so the markets always have them when they are in season. Before they ripen the tart green bean is used here for cooking with fish and other foods when sourness is desired.

You can make a nice jelly from the green beans by covering the fruit with water and boiling until tender. Then put the fruit into a jelly bag and drain. To every cup of tamarind juice add 3/4 cup of sugar and boil until the mixture will flake off the spoon, pour into sterilized bottles, cap, and store. Excellent jam can be made from the ripe fruit too by mixing 1 cup of the podded ripe fruit with a cup of water and then mash it all together with the hands. Then add about 1 1/2 cups sugar and boil until it is of the right consistency. Some people leave the seeds in this jam but I don't like the bother of having to take them out afterwards so prefer to do a bit of extra work beforehand and remove them while I am kneading and mashing the fruit with the water. Raisins added to this mixture is very nice too. Tamarinds have a lovely tartness combined with a nice sweetness of their own and children love to chew on them when they are ripe or half ripe. I used to eat them until my teeth stood on edge with the sourness but now I prefer them as jam or as jelly or in a long cool drink when the weather is really hot.

For tamarind preserves, take an equal amount of sugar and water and boil for three minutes, skim and then add shelled tamarinds and boil for another 10 minutes, pour into sterilized bottles and seal while hot. A bit of chopped preserved ginger added with the tamarinds makes a nice variation to this.

For a pleasant lovely cool drink in hot weather use tamarind juice. Buy tamarinds carefully and select only those pods that have not been broken (for the sake of cleanliness). Take ten or twleve pods depending on their size and shell them. Cover with about two quarts of water and let them soak for several hours or overnight in the refrigerator. Strain this and sweeten to taste. It takes so little to make so much and you'll be surprised at what a lovely cooling drink it can be. It is excellent mixed in fruit punches too. Because it takes so little you can cook up a pot full of tamarinds with not too much water and then strain and add sugar and bring to a boil once more and then store in sterile bottles well capped for later use when the hot weather sets in. When you use this syrup later you will have to add more sugar to it because a little goes a long way and if you added enough sugar to start with you would have many more bottles to store which would just be a waste of space and bottles. There is no reason why you can't make just the juice and not add any sugar at all until used in drinks.

Salads

The markets are full of all those wonderful vegetables that make the advent of warmer weather easier to bear. The big green peppers are so thick fleshed and crisp and the celery is thick and white and tasty now, lettuce is solid and tomatoes are plentiful again and cheaper than they have been for a long time.

I'm afraid most of us get in a rut as far as salads are concerned and go back to the same old things over and over again and use the same combinations all the time. For something new and different try cucumber slices, tossed in French dressing with lots of crumbled crisply fried bacon. If you are not going to serve it right away keep the bacon and sprinkle it on top of the salad just before serving it. Here is another salad that sounds quite awful but tastes wonderful. Take tender young leaves of Baguio Spinach, scald them, drain, and chill. Then add French dressing and just before serving mix in a well broken up soft-boiled egg. Place this in a salad bowl on a bed of lettuce leaves and then sprinkle the top generously with small-sized croutons. This as most popular with men folk, even those who eat salads reluctantly.

Fresh dill is wonderful with cucumber slices and now that I have lots of it growing in the garden I add it to many of my green salads. Plant some if you haven't already done so. It can be dried and crumbled and kept in a well corked bottle and used later as a dry herb. It can also be frozen.

Celery slices with sea foods such as crab, small shrimp, or fish and mixed with mayonnaise is always an excellent salad but to give it that extra something and dress it up, sprinkle toasted cashews on top of it. It is a party dish this way but easy enough to serve for any family meal.

On Saturdays we usually have a smoorgasbord lunch and I always have one big platter filled with salad makings and besides the usual celery and carrot sticks we have green pepper sticks and slices of sinkamas. The sinkamas are in season now and are very reasonable and the children love them. We like them too and they are excellent served cold, sliced, with French dressing, mixed into tossed salads, shredded, and even made into pickles by themselves or mixed with other vegetables. I keep them on hand to eat like apples when I want a between-meal snack.

Papaya salad is another refreshingly cool salad that is easily made any time of the year but now that celery is nice too take about 4 cups of ripe papaya cubes (not mushy) and mix with 1/2 cup of diced celery and a small onion diced, (or spring onions cut up small) and chill for an hour before serving. Then just before serving add French dressing or mayonnaise or a combination of both and serve. I make this salad fairly often and sometimes use just the papaya alone or else add a bit of apple to it or diced sinkamas to give it a crispiness which seems to add to the feeling that it is cool and refreshing.

———o———

When baking chayote or squash boil for 10 minutes or so before placing in oven in order to reduce baking time ½ hour or more. This is most necessary in the case of chayote which takes such a long time to bake.

Tomatoes

Tomatoes are very much in season and though they are cheap now they will be even cheaper soon. Up in Tagaytay they are now ₱1.50 for a great big bushel basket full but in a few more weeks will be as low as ₱.80 centavos a basket. When they are at their cheapest I buy a basket or two and pick out all the nice solid red ones (I buy the plum tomatoes for this), put them into a very large polythelene bag and place the whole thing in a cardboard carton, tie the bag together at the top and freeze them. I usually have about three or four of these cartons full and they last me all through the year until the next season. I use these for cooking only as as they become too mushy when thawed for salads. They are loose in the bag like marbles and when I take them out I wash them and the peel cames off as if they had been dipped in hot water for a few minutes. We use a lot of tomatoes in cooking and so do the help so the saving is tremendous when tomatoes sell for over ₱2.50 a kilo.

You can get lovely large tomatoes now and a nice way of serving them that is different and very tasty is to take some big ripe red ones and peel them, cut them in half and season them with salt, pepper, and curry powder. Place them in a greased baking tin, pour a cup of medium white sauce over them and sprinkle them with bread crumbs and bake in a medium oven for 10 minutes. While they are baking cut bread rounds with a large cookie cutter (one round for each tomato half) and fry in butter, oil, or bacon fat. Keep these warm until the tomatoes are finished, then spread each bread round with chutney and place the tomato on top and serve immediately. This is an Indian dish as you can see from the curry and chutney and a most unusual and delicious dish. It will prove to be a popular one with your family if you like foods with an unusual and spicy flavor.

You can make a nice tomato chutney with ripe tomatoes but it is a full day's work so choose a day when you know you won't have to go out. Take 10 pounds of ripe tomatoes and peel and cut into quarters. Put in a large pot (I use my large pressure cooker for this because it is cast aluminum and the danger of scorching is thus reduced) and add 5 Qts. vinegar, 1 cup salt, 1/4 cup chili peppers, 1/2 tsp. mace, 5 cups sugar, 2 cloves garlic 1/4 cup black pepper corns, 4 Tbs. allspice, 4 tsp. ground cloves, and 1/4 cup ground fresh ginger root. Boil this slowly for 10 hours, stirring occasionally and then place in sterilized jars and seal. This makes about 10 pints. This is a thick pasty type of chutney more like catsup but most delicious. Another nice catsup made with ripe tomatoes that is a bright red color and very nice, is of East Indian origin and there is called chutney which is probably a better description than catsup. It is made by peeling and cutting up 5 pounds of tomatoes and combining them with 2 cups sugar, 3/4 cup sultana raisins 1/4 cup chopped fresh ginger, 2 cloves of garlic sliced into strips, 1 cup vinegar, 1/2 cup salt, 1/4 cup chili peppers sliced, and 2 Tbs. of flour. Boil this until it is quite thick, stirring all the time, place in sterile jars and seal. This is wonderful served with hamburgers and hot dogs instead of the usual barbecue sauce.

I can't drop the subject of tomatoes yet as they are so versatile and are so reasonable and nice now. Most cookbooks will tell you how to make green tomato pickles and some of them will give you recipes for green tomato marmalade and tomato butter which is very good but there is an unusual India Relish that is easy to make and has a very wonderful flavor. Put two quarts of chopped tomatoes, 1 quart of diced celery 1/2 cup minced onion, and 2 chopped red chili peppers into a sieve to drain. Stir them now and then so that they drain well. Place them in a large jar or crock. Now take 1/2 cup mustard seed, 1/2 tsp. cinnamon, 1/2 tsp. cloves, 1/2 tsp. powdered ginger, and 1/2 tsp. mace, and tie them in a small cheescloth bag and place them in the jar too. Heat 1 cup sugar, 2/3 cup salt, 1 quart of vinegar and 2/3 cup horseradish (this can be prepared from the dry horseradish sold in the groceries). Let this mixture cool and then pour it over the tomato mixture and stir it very well. Keep the jar closely capped or covered and store in refrigerator. It is ready to eat in two days and is most excellent.

A wonderful salad dressing for tomato salad is made by flavoring your mayonnaise with curry powder.

Stuffed tomatoes are usually made with chicken or tuna fish but I have found that tiny shrimps make a pleasant change. I usually cut the top from my tomatoes about an hour before I make the rest of the salad. This seems to make scooping out the centers easier but it may be just my imagination. Take 6 large tomatoes, cut off the tops and scoop out the centers. (Keep this for soups or sauces). Mix 1/2 cup cooked shelled shrimp (small) with 1/2 cup mayonnaise, and 1/2 cup crushed or finely chopped drained pineapple. Fill the tomato hollow with this and then serve the tomatoes on individual plates on a bed of lettuce leaves . . They look pretty and they taste wonderful this way. Another stuuffed salad can be made by scooping out 6 tomatoes, turn upside down, drain, and chill. Mix 1/2 cup whipped cream, with 1 cup mayonnaise highly flavored with curry powder, and a bit of lemon juice. Let this partially freeze then add 6 minced anchovies, a dozen pitted chopped olives, and 1/2 cup cooked shrimp. When the mixture is quite cold but not hard, fill the tomatoes and place them on a bed of lettuce or water-cress.

A nice hot dish made with tomatoes is easily made by placing slices of buttered bread (without crusts), sliced onions, and sliced tomatoes alternately in a buttered pyrex dish. Season with salt and pepper and dot with butter. Have tomatoes at the bottom and the bread at the top and bake slowly for about 6 hours. Choose a day when you are baking anyway, so as not to waste oven heat for that length of time.

Fish baked in a tomato mixture is nice too. Fry a small bit of onion in some butter and then add slices of peeled tomato, a bit of flour, salt, pepper, and a bit of cayenne pepper and simmer until it is all soft. Then put fish fillets or pieces on top of this, cover well and let it cook slowly until the fish is done or put the whole into the oven and cover and bake.

Another idea for hors d'oeuvres is to place a big bit of florist clay or half a suha on a platter and make a floral arrangement by taking long thin strips of bamboo or coconut midribs (from "ting-ting brooms) and impaling tiny hot dogs on them to look like cat tails. Cover the base with bits of parsley or celery leaves also inserted into base. Then for flowers notch carrot slices and center with anchovies or stuffed olives and also place on coconut midribs. Add some radish roses and you have a centerpiece that is edible as well as attractive.

When serving tiny sati sticks or grilled bits of chicken livers etc. for small chow, serve them right over a charcoal fire by placing a few live coals in a squash(with the top removed) and a small grate over the top. Place the small chow on this grate with toothpicks for holders and let them be passed among your guests. The thick flesh of the squash will protect hands and tables from becoming burnt especially if lined first with three or four layers of aluminum foil.

Chutney

Mangoes are coming into season now and the stands are full of green mangoes which make the best chutney, as far as I am concerned. Also tamarinds are in season now so with the combination, now is a good time to make your chutney and store it in sterile bottles for use later. The green mangoes will become cheaper shortly though so you can wait but the tamarinds may go out of season so it would be a good idea to make some tamarind paste now if you want to wait until the mangoes come down in price.

For a simple mango chutney boil together 4 cups vinegar and 6 cups sugar for 5 minutes. Then add 12 cups green mango slices, 1/4 cup chopped ginger root, 4 chili peppers with seeds removed and chopped fine, 3 large cloves of finely chopped garlic, 3 cups seedless raisins, 1 large onion chopped, and one teaspoon of salt. Cook this for about one hour or until it is thick and of the desired consistency. Just before removing from the fire add one cup to 1½ cups of tamarind paste, bring to a boil again and then store in sterile bottles. Tamarind paste is made by adding one cup water to one cup shelled tamarind, kneaded well and strained through a sieve. This paste thickens the chutney and gives it a lovely tart flavor.

There are many varied recipes for chutney and if you want to make a really deluxe one that is specially fine but rather expenisve to make, try this one: sprinkle ten pounds of peeled slice mangoes with 3/4 cup of salt and let stand overnight. The next morning boil 5 pounds of sugar with 7 cups of vinegar (cut this to 6 if the mangoes are very sour) for five minutes and then add the well drained mango slices and cook until tender. Now add 1½ pounds of blanched almonds cut into thin strips, one pound each of finely sliced candied orange peel and candied lemon peel (obtainable at the larger groceries), 2 or 3 large onions chopped, 2 pounds of seedless raisins, 1 pound of chopped citron peel, 2/3 cup of fresh ginger root which has been boiled for about 10 minutes and then chopped, 1 cup of finely chopped preserved ginger, 6 cloves of garlic chopped or cut in strips, and 8 to 10 small red peppers chopped. Now cook this from 1/2 to 1 hour or until the desired consistency is obtained and pour into sterilzed jars and seal. This makes about 12 pints so you will have plenty to give as gifts to the people who will rave about it when you serve it to them with a curry dinner.

Another green mango chutney that makes about 3 quarts, is simpler and easier than the preceeding one, but which is also excellent, is made as follows: sprinkle about 1/2 cup salt over 4 pounds of peeled sliced green mangoes and let it stand overnight and then drain it through a cheese cloth the next morning. While they are draining combine 1 1/3 cup vingear with 6 cups of brown sugar, 3 to 4 Tbs. of chopped fresh garlic, 2 Tbs. of chopped chili peppers, and 1/3 cup of chopped fresh ginger. Bring this to a boil and then simmer gently for about one hour and then add the mangoes and 2 cups of raisins, now boil gently for about 1 hour stirring most of the time to prevent burning. Add 2 more cups of raisins and 1/2 pound of blanched chopped almonds and then boil again (still stirring) for ½ to 1 hour more. Taste. If the chutney isn't tart enough add tamarind paste and bring to a boil and then put into sterilized jars and seal.

Jars of chutney stored for a period of a month or more taste better than the freshly made chutney. It seems to ripen or blend after storage. If the jars are well sterilized this chutney should keep indefinitely and makes wonderful gifts at Christmas time especially to the men on your list who are always so hard to buy for. They appreciate the home-made touch and it is always useful.

Melons

You'll find melons in all the markets now and they **are** good but they will be better and cheaper in time. Melons to be at their best need lots of sun and very little rain. As the weeks go by and the days grow longer they will have more sun and it will be drier so they'll naturally improve in flavor as well as price. The ones available now are very good but if you want to buy them for freezing wait a bit until they are at their best. Whenever I eat melon (I am speaking of the cantaloupe type) I always cut them in half and scoop out the seeds and membranes and put this through a sieve to save all the juice that is otherwise thrown away. This is most necessary for freezing in order to have moisture to cover the pieces of melon but it is also nice when serving the melon halves for breakfast or as a dessert. I mix the juice with a bit of sugar and a bit of calamansi juice and then pour it back into the melon half and serve. I try to buy the small melons for this purpose as a half makes a nice helping for one and they often have better flavor than the larger ones. A really nice dessert that isn't too much trouble is to take melon halves very well chilled and fill with a large scoop of ice-cream then cover the entire top with meringue and place in a hot oven on a board and bake until the meringue is browned. Serve this immediately. This makes a very different dessert and is easy enough to do if you work quickly and serve right away. If you put the melon halves into the freezer with the ice-cream in them you can leave them there for 1/2 hour or so before baking without any fear of freezing the melon itself. If you put them in the freezer on the board it is even better as it chills the board well too and protects the bottoms of the melons from direct contact with the freezing surface. It takes about 2 to 3 minutes to bake the meringue so you can have your oven heating while eating the last course of dinner and then pop the melon into the oven and bring it on the table fresh from the oven. Melons are excellent in fruit salads and make a wonderful cool drink especially if you have a blendor. I put a big slice of melon ,some calamansi juice, and sugar into the blendor with crushed ice and blend for about 30 seconds and it is a most cooling pleasant drink. Add a scoop of vanilla ice-cream and you have a very special melon drink highly recommended for the hot days that are almost here. We are lucky that all the best fruit are available during the hot season. They certainly are a help for drinks and light cool desserts.

Watermelons are coming into season now too and they are found in all the markets but they too will be cheaper and better in time for the same reason that the other melons will be. They are nice kept in the refrigerator for the children to eat during the afternoon after a nap or when they want something cooling. I like the way we can get small ones here instead of having to buy huge ones that won't fit into the shelves of the refrigerator. Their lovely color makes a nice addition to any fruit salad. The shell of a watermelon makes such a nice bowl for serving fruit salads and other desserts in. They are easy to cut and you can scallop the edges. Cut it in such a way as to leave a handle at the top, etc. I've even seen them with parts of the outside skin etched into designs for gala occasions, but it is best to use a dark skinned one for this purpose.

To clean and freshen artificial wax fruit, wash carefully and quickly in lukewarm soap water or even better, detergent water, rinse thoroughly in cold water, dry gently by patting rather than rubbing. Rub a small amount of cold cream on the hands and rub each piece of fruit lightly in your hands and between your fingers. This will bring back the natural look to the fruit, remove the dust, and impart a pleasant fragrance to the fruit.

Other Fruits in Season Now

"Anonas" are a fruit seldom used by foreigners here even though they use the custard apple or "Atis" which is very similar. The anonas are plentiful now and are very good. They are similar in appearance to the atis or custard apple but are larger and have a smoother skin instead of the lumpy skin of the "atis". The flavor is also similar and excellent for making into ice-cream and cold drinks. I like to make sherbet from it in the blendor the same way as I use sour-sop or "guayabano". I remove the seeds from the pulp after peeling the fruit, then put the pulp through a sieve and add sugar and freeze, until mushy, in the refrigerator tray, put into blendor and add crushed ice and blend. Serve immediately. The creamy sauce that comes through the sieve is also excellent served on ice-cream to make a sundae that is really super and it is also nice chilled and served over warm gingerbread. Once you have made it and tasted it you will think of all sorts of ways to use it.

The "kaimito" or star apple is also in season now. I don't buy them as we have a tree in the yard that gives us more than we can eat at times. There are two types of kaimito and they are much the same in taste. The outside skin is different. There are the pale apple green ones and the deep purple ones. I have found that the taste does vary. I prefer the green ones and, according to the food composition tables published by the Institute of Nutrition, they contain more vitamins. If the skin is nice and shiny they are usually pretty good fruit. The kaimito is best eaten just as it is and does not cook well nor make a good jam. At home we slice them in half crosswise and serve the two halves on a dish and eat them by scooping them out with a spoon. I sometimes put them into fruits salad but the flavor is so mild that they are quite lost among the stronger flavors of the other fruit. They mash easily too so don't add to the appearance of the fruit salad.

Chicos are still another fruit in season now and they are lovely. They have a darkish brown skin and are the size of a plum. The flesh is brown too and has a nice consistency. It has a slightly grainy feel like that of a pear. The flesh is delicate in flavor and very sweet. I add chicos to fruit salad whenever I can and am most thankful that we have a tree of our own as everyone in the family is very fond of them. The three-year old can easily eat five or six for breakfast. To eat them one merely peels them with a paring knife (so as not to remove more flesh than necessary) and eats them. There are three or four loose seeds in each one but they are not attached to the fruit and easily removable. If you can find some home-grown freshly picked ones try to get some as they are far better than those sold in the markets which are not tree ripened. We find the flavor and sweetness of the chico quite different from most other fruit out here and we all enjoy them.

There are still lots of local tangerines and mandarines available though they have gone up in price. Mangoes are coming in and going down in price and a local grapefruit (not from Mindanao) is available again and selling at about 20 centavos each. They are very good and quite sweet.

Coconuts from Main Course to Dessert

A few night ago I did some experimenting with excellent results. I had a few drumsticks and chicken breasts in the freezer that were from a chicken too old for frying so thought I'd make a fricassé. I coated the pieces with flour and fried them a nice warm brown. Then I put them into the pressure cooker with the thick cream from one large coconut (let me repeat again that the coconut cream is the juice squeezed out of the grated pulp without adding water), two large chopped onions, a small clove of garlic, salt, pepper, accent, and a bit of chopped celery leaves. After cooking this for about 20 minutes under pressure, I opened the cooker and added taro root peeled and cut in halves and cooked it slowly until they were tender. The taro root or "gabi" as known locally, was much better than potatoes ever could be for this dish and after the family had eaten far more than they should have, I was asked why we had never had this dish served before. It was so rich and tasty! I forgot to mention that I also added about 1 cup of the grated coconut meat unsqueezed with the coconut cream. This gave the finished dish a nice consistency. It was so easy to make and certainly it is a dish that I shall use fairly often from now on as it is far better than any chicken fricassé I've ever eaten before.

Another experiment with coconut milk that was a really lovely new flavor experience was made with fish. We all like it (even our daughter who usually doesn't care for fish any other way than fried). I filleted and boned my fish and then dipped them in flour and fried them. I used smallish pieces for this to prevent large pieces from breaking up later in the cooking. After they were light brown I drained them on a paper towel and placed them in a heavy pot that had it in about 1/2 cup vinegar, 1/4 cup soysauce, 8 pepper corns, 2 bay leaves, 3 cloves crushed garlic, and ¼ cup water. I placed the fish fillets in this mixture and simmered it slowly for about ½ hour until it was getting a bit dry. Then I added the thick cream from one large coconut, brought it to full boil, and then served it with steaming hot fluffy rice. It was really an exotic dish and most popular with everyone. One has to be careful though not to stir this mixture as the fish will break. This is cooked "adobo" style as it is called here except that I added the coconut milk. Also the usual way of making fish adobo leaves out the bay leaves and sometimes the soy sauce. Do try preparing fish this way some time. It should be very good served with French fries too. There isn't too much sauce left on and around the fish but enough to moisten all the pieces and it is highly flavored.

I was telling a friend of mine recently about a recipe for a coconut chiffon pie that I found a long time ago which we have found to be one of the best and most delicious. She asked me to be sure and write the recipe so here it is:

First make a 9-inch pie shell with a high fluted edge. Set this aside to cool. Soften 1 envelope of plain gelatin in 1/4 cup water. Then mix together in a pot, 1/2 cup sugar, 1/4 cup flour, and ½ tsp. of salt, then gradually add 1-1/2 cups of milk. Cook this mixture over a low heat until it boils for 1 minute. Remove it from the stove and add the gelatine mixture stirring until it is dissolved. Chill this until it is partially set and then beat until it is smooth. Now blend in 3/4 tsp. vanilla and 1/4 tsp. almond extract. Fold in gently 1/2 cup heavy cream which has been whipped until it is stiff. Then carefully fold in a meringue made by beating until frothy ½ cup egg whites (3 large) & ¼ tsp. cream of tartar & then gradually add 1/2 cup sugar and beat until glossy. Now fold in 1 cup of freshly grated coconut (add an extra half cup if you are very fond of coconut) and put it into your pie shell. Sprinkle the top with a half cup of freshly grated coconut which has been sweetened with two Tbs. of sugar. Chill for about 2 hrs. until set and then remove from the refrigerator about 1/4 hour before serving to remove the chill from your crust. If you top each serving with diced ripe mango you have an exceptionally dressy dessert.

You probably think that I harp on using coconut much too often but I feel that if I talk about it often enough you'll try using it for a few vegetable and meat dishes (to say nothing of desserts) and find how really delicious it is and what a difference it makes to so many dishes. It is surprising what a bit of imagination will do. After you have tried it a few ways, you will start trying to figure out even more ways of using it. Once in a while when I am very busy or too lazy to spend a lot of time on a meal I fix an oven meal with baked beans as the main course. I've added a lot of grated cheese to canned beans, put lots of coconut cream, chopped onions, and a bit of the unsqueezed grated coconut into them and topped them with bacon strips and a bit of brown sugar. This makes an exceptional dish with a brand new flavor and texture. The grated coconut gives it a nutty, slightly crispy flavor and the cream does something to it that is quite beyond description. You'll get compliments galore!

One way of using coconut milk with fish which is very good and I am told is a recipe originally from India is as follows: fry one chopped onion, some chopped ginger, and chopped chili peppers (this must vary in amounts according to how hot you like food) in butter. When the onion becomes transparent add 4 Tbs. of flour and then 1 1/2 cups of coconut milk and boil until thick. Add bite sized pieces of raw fresh fish and simmer covered until the fish is cooked. If this becomes too dry, add a bit of water but only small amounts at a time as you want to have the sauce nice and thick. This is highly flavored and has an excellent flavor but is not recommended for children as it is too spicy for them.

Here's an usual and very nice coconut dessert that is easily made and is nice to have as a change from the usual type of pie. Grate one fresh coconut that is still quite young and the flesh not yet too hard. Stew this grated coconut with 5 tbs. of corn syrup and 1 Tbs. of rose water (available at all drugstores) until they are well mixed. Cool. Add two egg yolks and a pinch of salt and mix well. Line patty pans or muffin tins (large) with pastry and fill with the coconut mixture and bake in a moderate oven until it is set. Serve this with powdered sugar sifted over the patties or else with sweetened coconut cream.

Try cooking any of the squash family in coconut milk and you'll find a great improvement in flavor especially as most squashes have such a bland flavor of their own. I like cooking greens of all sorts in the coconut cream. Use the cream for the leafy vegetables as they draw so much water of their own that coconut milk would just make them even more watery. Beans, either the dry or the fresh ones taste wonderful cooked in coconut milk too especially if you add onion to them while cooking.

Mangoes

Now that mangoes are plentiful and can be found at fairly reasonable prices it is time to serve them often in various ways. They are even more versatile than peaches as they can be used in every way that you can use peaches and a few more as well such as chutney and as a green fruit as I mentioned in previous articles.

Make spiced mangoes according to your favorite spiced peaches recipe or use this one which is a bit different and very easy and simple. Peel mangoes and cut into lengthwise strips until you have 5 cupfuls. Boil 4 cups of sugar with 1 cup of water until it threads from a spoon. Add the mangoes and in a spice bag put 1 Tbs. each of nutmeg, cloves, and allspice and add this to the mixture. Cook this 30 to 40 minutes or until the mango is thoroughly cooked and waxy-looking. This doesn't make much more than a pint but it is definitely worth the time and small amount of trouble. Be careful that it doesn't burn as it tends to do so easily.

Mango Custard Pie is made easily by beating together 3 eggs, add 1 cup sugar, 2 cups milk, and one cup cooked strained mango pulp (ripe). Pour this into an unbaked pie crust, sprinkle the top with nutmeg and bake until the custard sets. Personally I preter a mango pie made as one would a peach pie with the pieces of mango right in the pie and with lots of butter in it. It is the same as making most fruit pies such as apple, peaches, etc. and you can follow your favorite recipe for this.

Here is a fruit salad that is different and all the fruit are available in the markets now. Peel and remove the seeds from 1 very small papaya or 1/4 of a large one, 1 avocado, 2 mangoes, and 1 slice pineapple. Dice the fruit and toss lightly and arrange on lettuce and top with mayonnaise. Still another very cooling and refreshing salad is made by removing the seeds and membranes from 1½ cups orange sections, chill. Arrange grapefruit and orange sections on lettuce leaves with about ¾ cup mango slices and 1 cup avocado slices and serve with a good French dressing.

Jellied salads are always pleasant to eat in the hot weather and here is one made with mango that is not only pretty to look at but excellent in flavor and so cooling and nice in warm weather. Soak 3 Tbs. of plain gelatin in water (4 cups) and then heat and stir until dissolved. Add 2½ cups of cubed ripe mango and 2 cups of mango pulp, 1 tsp. very finely chopped fresh ginger or 2 Tbs. of candied ginger, 4 Tbs. of dayap or lemon juice, and ½ cup of sugar. Mix

and pour into a mold and chill until set. Unmold onto lettuce leaves and top with mayonnaise. This makes a nice party salad and certainly different from most of the usual molded fruit salads that one commonly eats.

A lovely and simple cold drink for the children is made by straining ripe mango pulp through a sieve, add water and sugar to taste and crushed ice. Milk added is nice too but it becomes quite thick and is more like a milk shake. If you have a blendor make it in the blendor for a really yummy afternoon drink.

An easy mango papaya jam is made by peeling and cutting mangoes fine and boiling with just a little bit of water and, cook until soft. Peel and slice papaya and also boil with just a little bit of water. These fruit tend to burn easily so watch them closely. Then for every cup of mango pulp, add one cup of papaya pulp and strain the mixture through a cloth or sieve. For every cup of fruit, add one cup sugar and boil this down until it is thick but stir constantly because it burns easily. Place in sterile jars and cap immediately.

Dill

Dill is one of the loveliest and most versatile of all spices and especially nice for salads. Dill is easy to grow here in Manila but especially in the dry and cool seasons. I grow it the whole year round but it is difficult to care for it in the rainy season because the plant is so dainty that the rains can damage it very easily.

The tender fresh leaves of dill add a delightful appeal to eggs, cheese, meat, fish, salads, potatoes, avocados, and beans. Instead of making parsely potatoes make dill potatoes. Add dill leaves chopped fine to cream sauce served with baked fish, stuff fish with dill leaves when baking to improve flavor, mix it with cheese dips and avocado dip. Put dill leaves on broiled meats. I make my mayonnaise in a blendor and dill leaves are always blended right in the mayonnaise. I use it in almost all tossed salads but I like it best in plain sliced cucumbers with a French dressing. Add a bit of it to tomato sauce or add it with celery to stewed tomatoes which are cheap now and should be used in quantity.

The dill seeds will make cabbage, cauliflower, meat gravies, spaghetti sauces, turnips, sauerkraut, cheese, and soup (especially bean and borsch) more appetizing. You have no idea how delicious it is when added to home-made pickled herring and add it to spiced sardines too, chopped fine and sprinkled over the top. I use it in pickled beets also and it makes such an interesting difference. Put a number of leaves into a bottle of vinegar with one clove of crushed garlic and the yellow part of a lemon peel and let it stand for about three or four weeks and then use it for French dressing and especially when you mix your salads right at the table. The vinegar is then well flavored with the additions and makes an ordinary salad into a a party treat. You'll have everyone wanting you to make vinegar for them too. You can leave out the garlic if you don't like it but this way it is very subtle and just as good as rubbing the salad bowl with a cut clove of garlic, if not better.

The plant itself is most decorative and the leaves are very dainty, delicate, and fernlike. They add to a flower arrangement very nicely. The flower is similar to anise or to Queen Anne's lace except that dill has a yellow flower. The flowers soon turn to seed and you will be able to give seeds away once you have one or two plants growing. In spite of what many cookbooks say about adding the flower heads to dill pickles, the leaves are far superior. Canned or bottled dill pickles always have a flower head in them for appearance's sake but actually the canners use the essential oils made from the whole plant and add the head later.

Once you start using fresh dill you will think of all sorts of new ways to add it to food just as I have. I have experimented with it and found that it is wonderful added to stuffed eggs and that in celery stalks stuffed with cheese a sprinkling of finely chopped dill leaves not only looks pretty but adds such lovely flavor as well. A shrimp cocktail changes for the better with a bit of chopped dill sprinkled on the top or mixed into the cocktail sauce. Avocados are much improved by dill and ordinary string beans become a real treat with dill leaves chopped and mixed with them just before serving.

Cooling Drinks for Hot Weather

Hot weather always calls for nice long cool drinks of all sorts and there is a wealth of fruit out here all of them being in season and available when we need them most. One drink that really is most excellent is made by mashing ripe papaya or putting it through a sieve and adding calamansi juice, water and sugar to taste. It looks like orange juice and will certainly take its place as far as Vitamin C is concerned. I made a fruit punch not long ago for my Brownie group and was asked to please write about it too so here it is: I put through a sieve one large ripe papaya and two large sour sops (locally called Guabano) and then added water and sugar to taste.

I found it not quite tart enough so added some tamarind juice, previously prepared, but lacking this, calamansi or lime (dayap) juice works pretty well. If you have a blendor, put pineapple slices into it with water and sugar and a bit of crushed ice. It really is unusually refreshing and if you want to be really fancy then add chopped mint leaves and some lime juice as well and then garnish the glasses with a whole sprig of mint and serve immediately. If you made guava juice while they were in season here is a good recipe for using it (they are still to be found in the markets though and are not too expensive): combine 1 quart of guava juice with the juice of one dayap and add two sprigs of crushed mint. Add water to the desired consistency and sugar to taste. Serve ice-cold. I've talked of the soursop or guabano before but served as a cold drink it is excellent. Put one whole fruit(after peeling and coring) through a sieve and then to each cup juice add 1 cup of water and 1 Tbs. of dayap juice and add sugar to taste. Serve this over cracked ice and watch the compliments come pouring your way. Some people like serving this as a cocktail before dinner by adding gin to it and reducing the water. It is good but I think it spoils the lovely flavor of the fruit though not everyone's taste is the same on this. Soursop has a nice tart acid flavor and blends well with banana, orange, and pineapple so try various combinations and see what you can produce too. I have never found anyone that disliked the soursop flavor. They are always available in the markets too, which certainly is a big point in their favor.

Now that there are plenty of melons available and they are reasonable too, grate a melon finely (use a blendor if you have one) and add water and chopped ice and sugar to taste. This is so cooling and if you want to make it even nicer though richer, add milk instead of water. The children will love it. You can do the same thing with mango and with banana. The mango mixture does become quite thick if you add milk to it. The banana is better with a bit of vanilla added to it and if you use the big green bananas (bungalan) the result (with vanilla) is very much like strawberry in flavor. Another mango drink that is a bit more complicated to make but certainly worth that extra bit of time is as follows. Boil the rind of one orange with 1 cup of water for 5 minutes, then strain. Combine this water with the juice of 4 oranges, the strained pulp of 8 large mangoes, juice of 1 dayap, 1/2 cup sugar, and 2 quarts of water. Serve with cracked ice and a sprig of mint. This makes about three quarts and should serve 12 people but everyone wants seconds or thirds so figure on serving less than half that number.

The finest hot weather drink of all though is the buco or young green coconut but don't expect to serve the meat too unless you get a real expert to do the cutting for you. Cut the tops from green coconuts and puncture the small natural hole at the top. Put a straw in this and drink. It is always cool and it is naturally effervescent and just sweet enough not to be cloying and it leaves a fresh clean cool taste in the mouth. If you haven't had one yet, try one. Serve it some morning to friends that drop in and if you want it cold put it in the refrigerator first. It is a big heavy thing to hold but certainly worth every extra ounce. Cut the bottom's level so that they can be set down but be sure you have a paper nakpin under them as they will stain a tablecloth.

Salads

Out here we use salads the whole year around but in the hot weather we naturally appreciate them more than ever. I've mentioned a number of salad recipes before while talking of certain specific foods but here are a few more that use those foods that are in season now and available in all the markets at reasonable prices.

It is difficult for me to give actual recipes for salads as I always have all sorts of fruit and vegetables in the refrigerator and combine them in so many ways depending on what we had the night before and what I've got available and how much time I have to fix the salad. I find that having four or five types of dressings and vinegars available too, makes it easy to add a great deal of variety to salad preparation. I mentioned a few days ago about having dill vinegar on hand and how to make it. If you have tarragon put some into a bottle of vinegar and let it stand. Add 1 part of wine, either red or white, to 5 parts of vinegar and you have wine vinegar and then you can spice it according to your taste with dry basil, tarragon, garlic, lemon peel, dill, mixed salad herbs, etc. Ginger soaked in vinegar is nice too.

Cubed ripe (not mushy) papaya with celery, spring onions, and salad dressing makes a nice salad. Mango, avocado, and grapefruit sections also are pleasant and cooling and excellent with mayonnaise. Pineapple, mango, celery, avocado and onion, on lettuce with a sprinkling of chopped toasted nuts makes a wonderful combination too and a mixture of mayonaise and chili sauce makes

a nice dressing for it. Raisins added to all sorts of salads are so nice especially salads without meat or fish in them, just those with vegetables or fruit or a combination of both. Cubed pineapple and bananas with grated fresh coconut makes such an unusual salad and so cooling too. Chutney mixed into salads makes a very unusual and pleasant change so does grated cheese, grated coconut, raisins, grated lemon rind, a bit of ginger very finely chopped or grated, currants, nuts of any kind especially if they are toasted first, chopped fresh dill leaves, preserved sweet ginger chopped fine, and marshmallows cut up in small bits for fruit salads.

Let me repeat again that "ubod" as it is known locally, or palmetto as we know it at home, is one of the most unusual and lovly salad ingredients known, either cooked or raw. Cooked it is tender sweet and nutty in flavor and raw it is crispy and delightful and certainly different. I saw it pictured in a recent Coronet among some of the most expensive of gourmet foods yet out here it is cheap and always available. It is especially good with sea foods.

Bean sprouts that have had boiling water poured over them to just wilt them but so that they are still crisp are nice mixed into a tossed green salad too and they are in the markets the year around.

Pineapples are in Season

As anyone can see, the markets are full of pineapples of all sizes and they are all good too. There are two types to be had, the Hawaiian and the local or 'Tagalog' pineapple. The Tagalog pineapple is sweeter but it has a certain nip or itchiness to it which can easily be overcome by rubbing the outside of the peeled fruit with a slight sprinkling of salt before it is sliced. The Hawaiian is much more expensive but not as sweet unless one gets one grown in Mindanao which is really a superb fruit but beware the market vendor that tells you that the pineapple she is selling you comes from Mindanao because most of those sold here in Manila of the Hawaiian variety, come from Silang, Cavite or from Tagaytay. I do not say that these are inferior fruit because they actually are excellent but they are not as good as the Hawaiian pineapple that is grown in Mindanao. This is a question of year-round climate and Mindanao seems to have exactly what the pineapple needs for perfection. In the past the Del Monte plantation sent me a pineapple every year and I always made a point of having some people for dinner and served nothing more than a slice of pineapple for dessert and nothing could have been more perfect because the pineapple was perfect. However the local pineapple is better for jams and preserve because it seems to be more highly flavored and sweeter. It has deeper eyes so one loses more in the peelings but in spite of this they are certainly worth buying because they are so very much cheaper and anyone that plans on putting up jams and jellies and preserves should buy the local pineapple and do so now while they are cheap. I priced some the other day at the Libertad market and they are only .15 centavos each and these were the largest they had and were excellent size for local pineapples. One pineapple could have more than served four for breakfast.

I have found that it is extremely easy to freeze pineapple without having to go to any trouble at all other than peeling and slicing the fruit. I put them up in slices with a piece of saran wrap between each piece so that I can take one out at a time if I need it for sweet-sour sauce, as a garnish for salad, to mix with cole slaw, to decorate a baked bit of ham, to serve for breakfast, or any other thing that might come up such as mixing it into a fruit cake or in a dressing for turkey or chicken (this may sound a bit odd but it certainly is delightfully unusual). I don't have to put syrup over the slices of pineapple nor do I have to par-boil them or put any of the various acids on them. They do not discolor when frozen dry nor do they lose flavor and last year I was so enthusiastic about them because because of the experiment of the year before that I over-stretched myself and here it is pineapple season and I still have half of my supply left. I think I froze about 50 to 60 of them during the season and next year I will know better. I shan't freeze any this year. I still have far too many of them left in the freezer.

Try making pineapple upside-down cake with fresh pineapple —it is really 100% better than with the canned variety and it has a far better flavor that really penetrates into the Cake.

Duhat or "Lumboy"

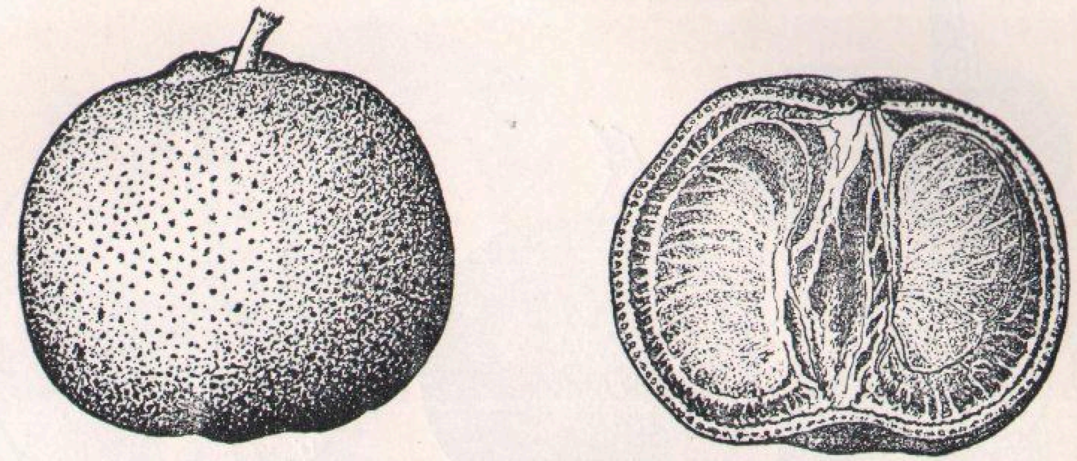
The "duhat" or **lumboy** as it is known locally is known by the Westerner (if he has heard of it at all), by the name of black or Java Plum. It is a deep deep purple, kidney shaped fruit about the size of a cherry with a large seed and a thin flesh around it. They are available in the markets now and it would be a shame not to take advantage of them while they are available. Like cherries they stain the hands, mouth, and clothing so handle them with care and see that children are wearing old clothes when they eat them. Here they are usually eaten fresh with a sprinkling of salt. They are

ILLUSTRATIONS

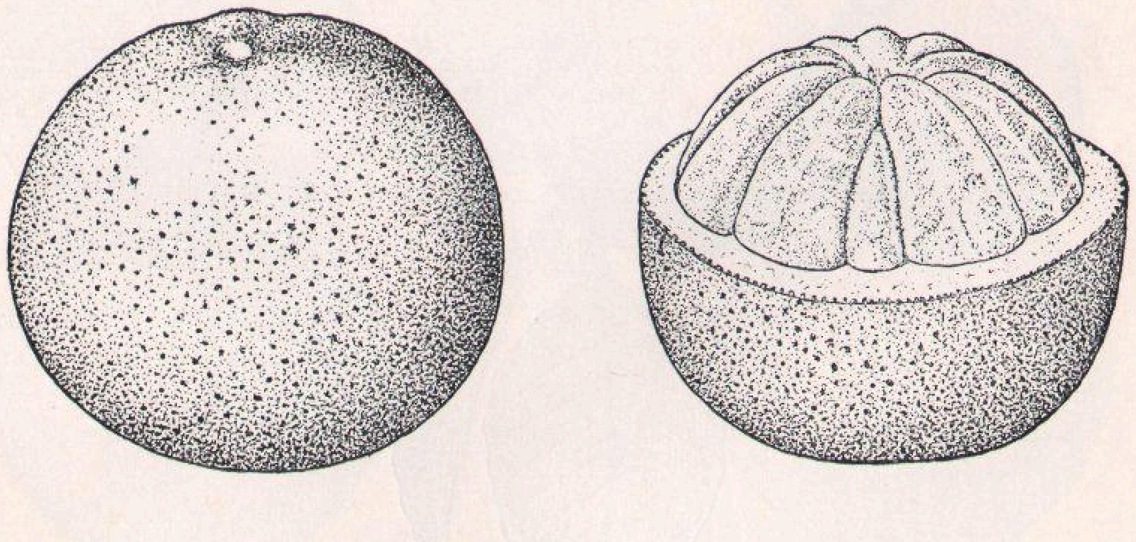
Alugbati	Q
Avocado — "Abokado"	Z
Bamboo Shoots — "Labong"	Y
Bananas — "Saging"	D
Bean Sprouts — "Togue"	N
Bottle Gourd — "Upo"	J
Breadfruit — "Rimas"	X
Calamansi	A-1
Cashew Nut — "Kasoy"	H
Cassava — "Kamoteng Kahoy"	V
Chayote — "Sayote"	K
Chick Pea — "Garbansos"	O
Chico	B-1
Chinese Cabbage — "Petsay Baguio"	U
Chinese Peas — "Chicharo"	O
Chinese Turnip or Yam Bean — "Sinkamas"	X
Custard Apple or Sweet Sop — "Atis"	D
Eggplant — "Talong"	Z
Fern Leaves — "Pako"	S
Ginger — "Luya"	I
Guava — "Bayabas"	F
Head Lettuce — "Lechugas Baguio"	T
Hyacinth Bean — "Batao"	M
Java Apple — "Makopa"	G
Java Plum — "Duhat or Lumboy"	B
Lansones	E
Leaf Lettuce — "Lechugas"	T

Lima Bean — "Patani"	M
Lime — "Dayap"	A-1
Long Bean — "Sitao"	L
Loofah — "Patola"	J
Mango — "Mangga"	E
Mangosteen — "Mangostan"	B
Mongo — "Munggo"	N
Nettle — "Kolitis"	Q
New Zealand Spinach — "Espinaca"	R
Palmetto or Coconut Heart — "Ubod"	Y
Papaya	C
Petchay — "Petsay"	U
Pili Nut	H
Pomelo — "Suha"	A
Santol	C
Sour Sop — "Guayabano"	B-1
Squash Flowers — "Bulaklak ng Kalabasa"	S
Squash Greens — "Talbos ng Kalabasa"	P
Star Apple "Kaimito"	G
Star Fruit — "Balimbing"	F
Swamp Cabbage — "Kangkong"	R
Sweet Potato — "Kamote"	W
Sweet Potato Greens — "Talbos ng Kamote"	P
Tangerine — "Naranghita"	A
Taro — "Gabi"	W
Winged Beans — "Sigidillas"	L
Yam — "Ubi"	V
Yellow Squash — "Kalabasa"	K

A

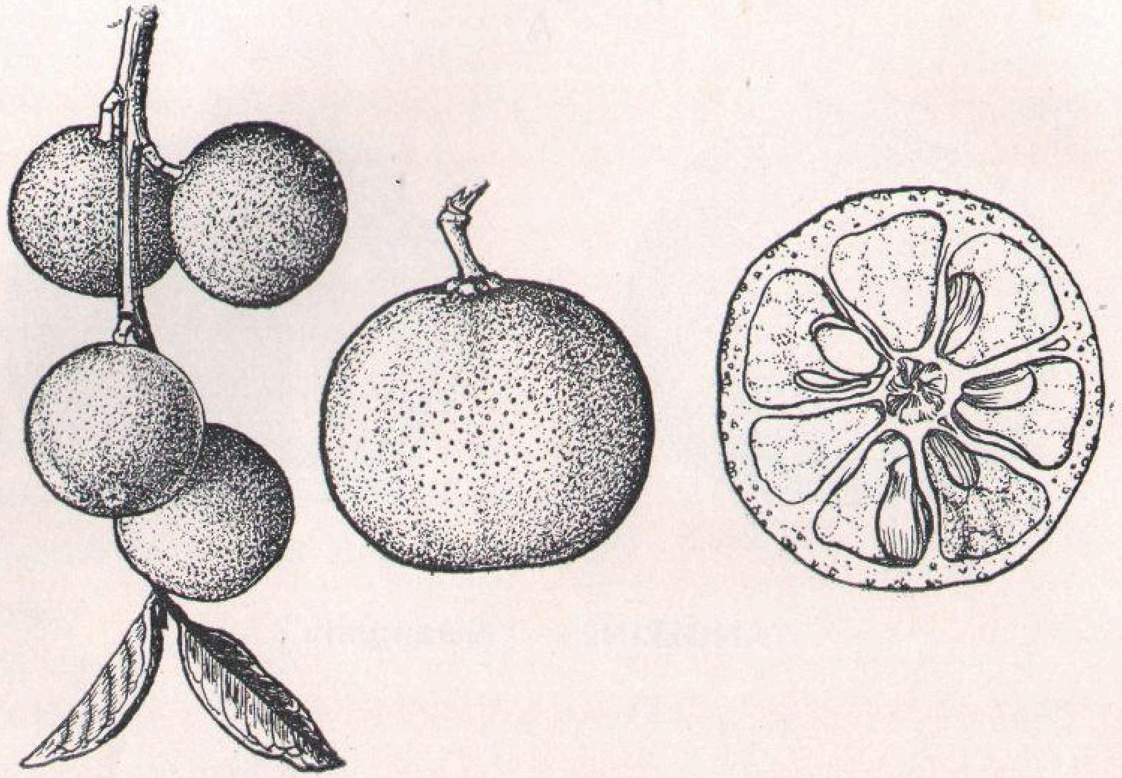


TANGERINE — "Naranghita"

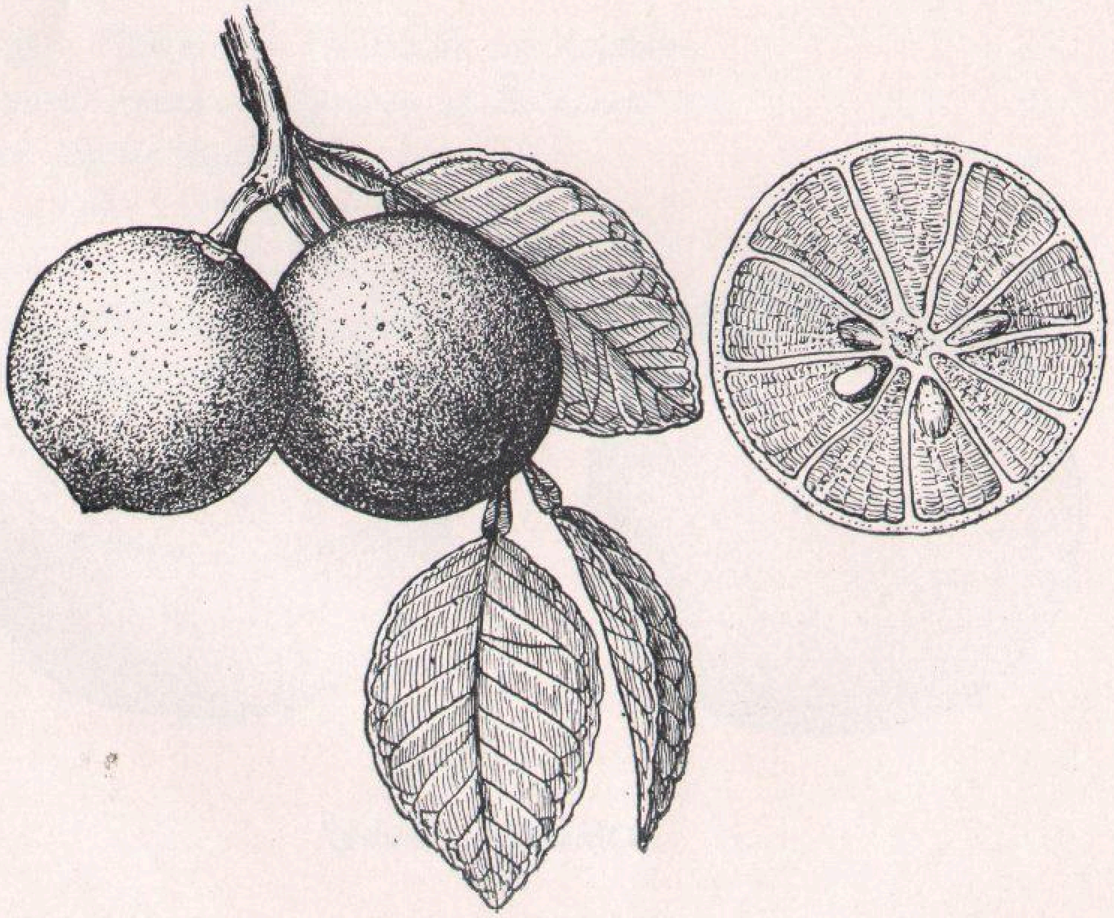


POMELO — "Suha"

A-1

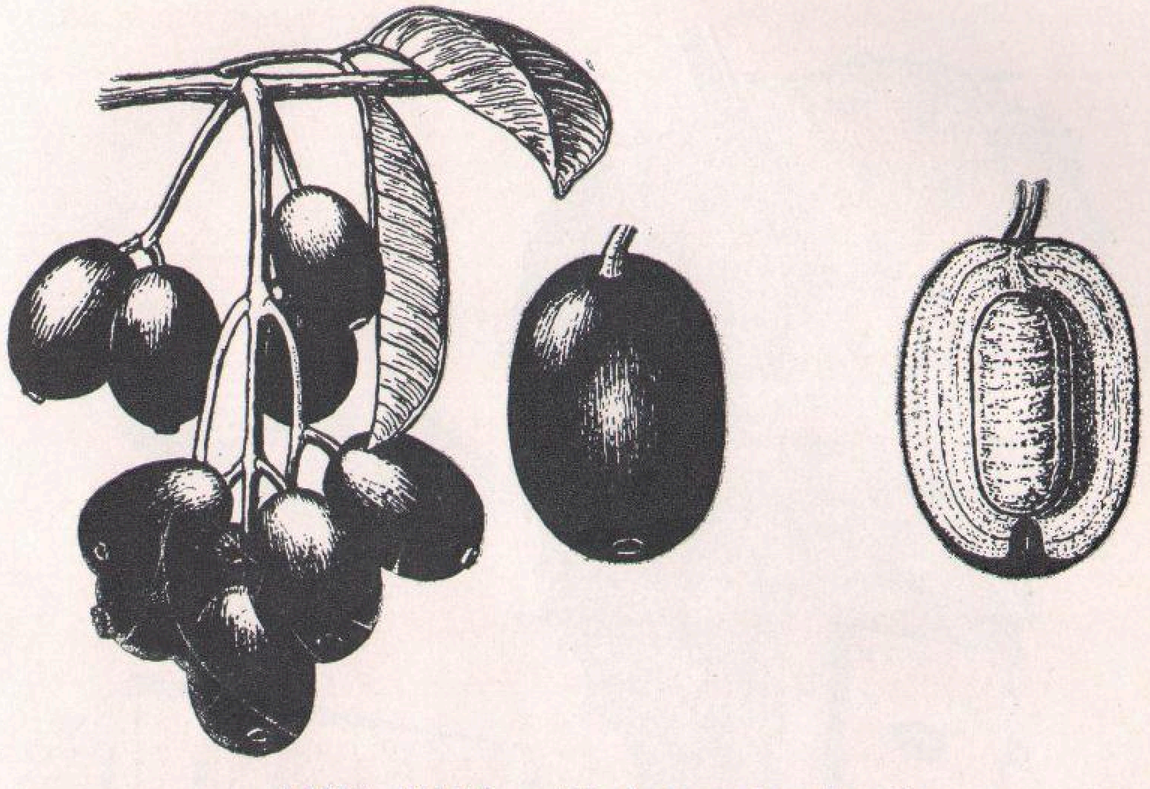


CALAMANSI

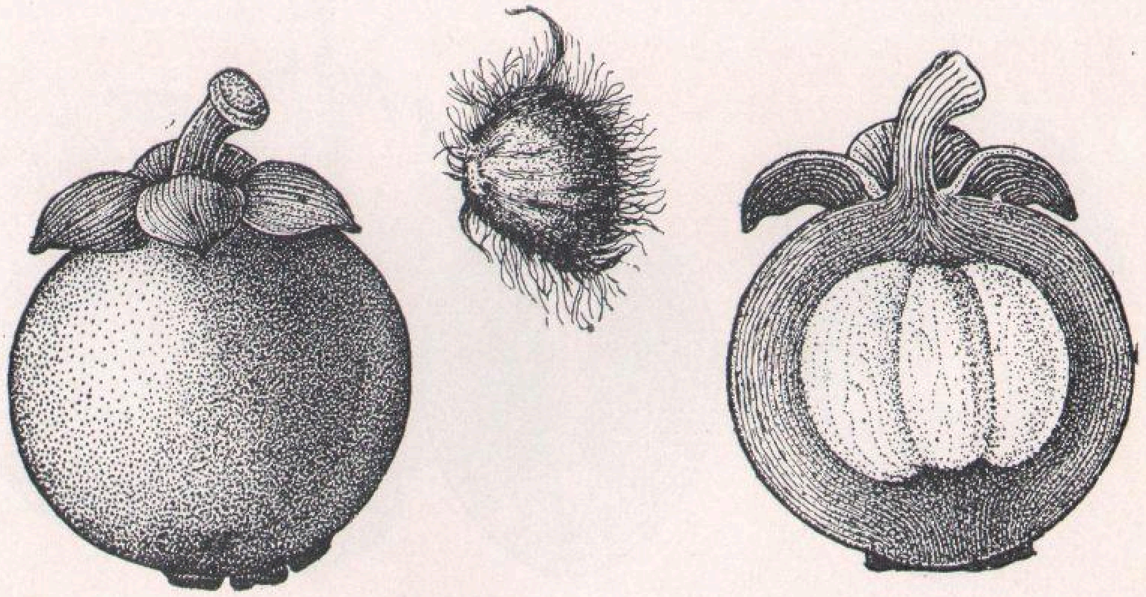


LIME — "Dayap"

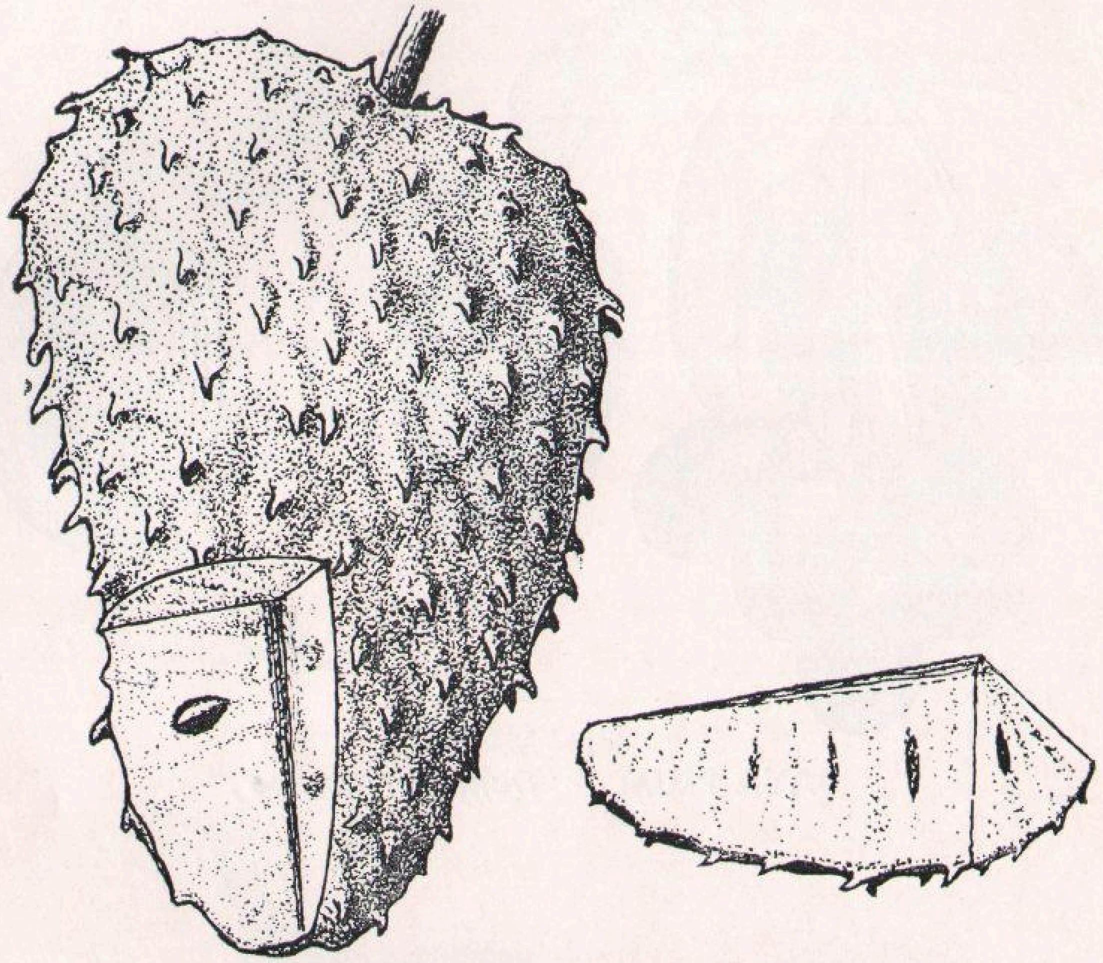
B



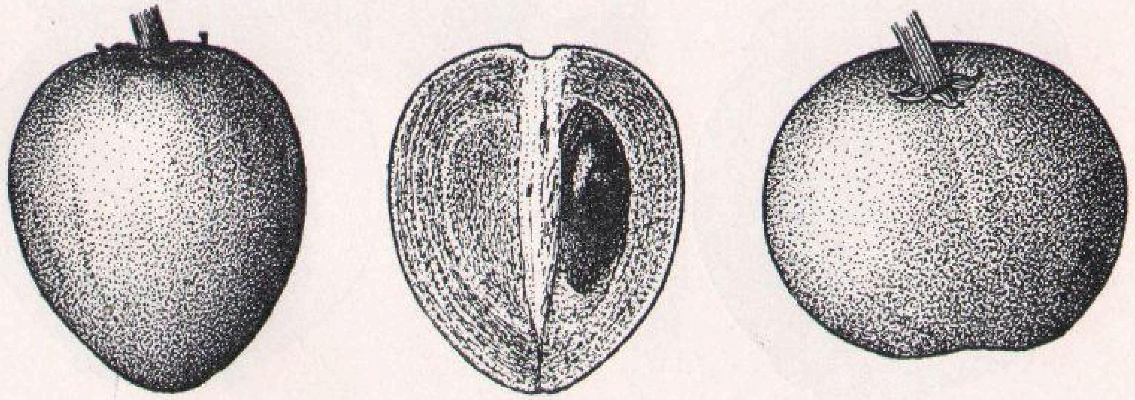
JAVA PLUM — "Duhat or Lumbay"



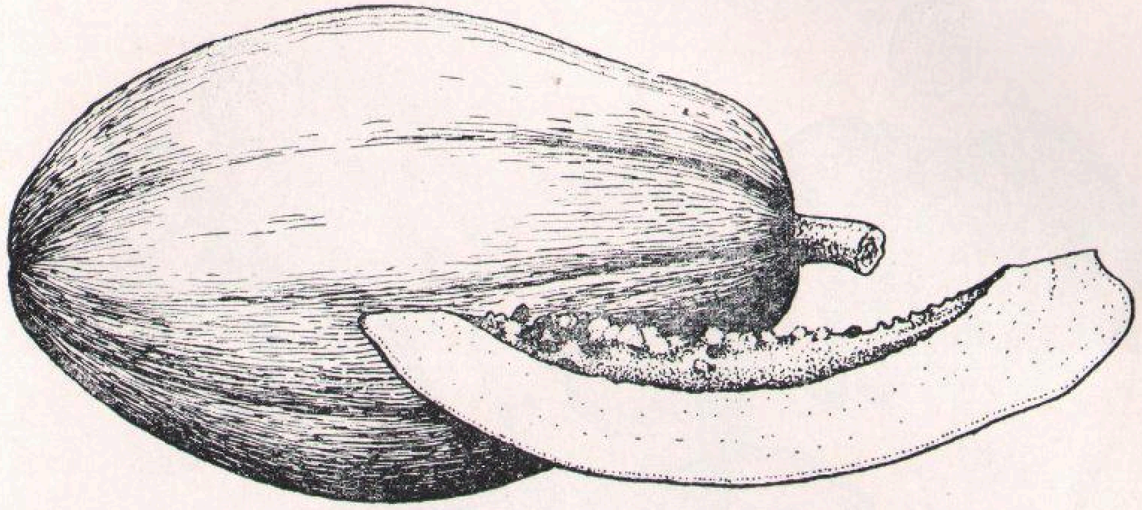
MANGOSTEEN — "Mangostan"



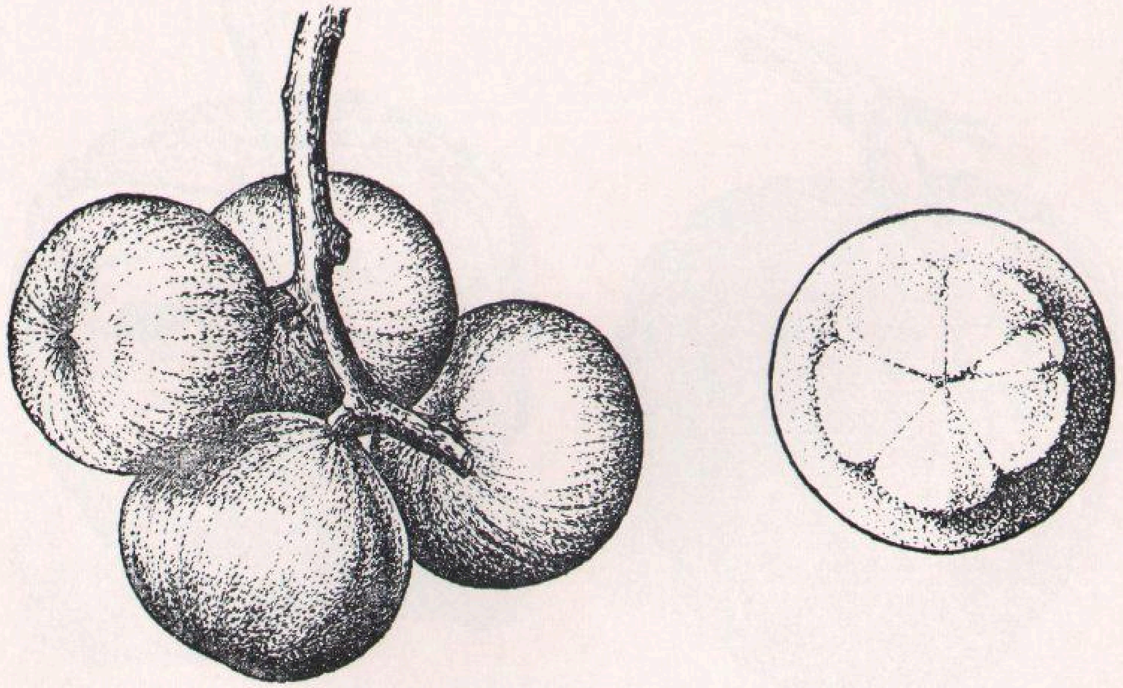
SOUR SOP — "Guayabano"



CHICO

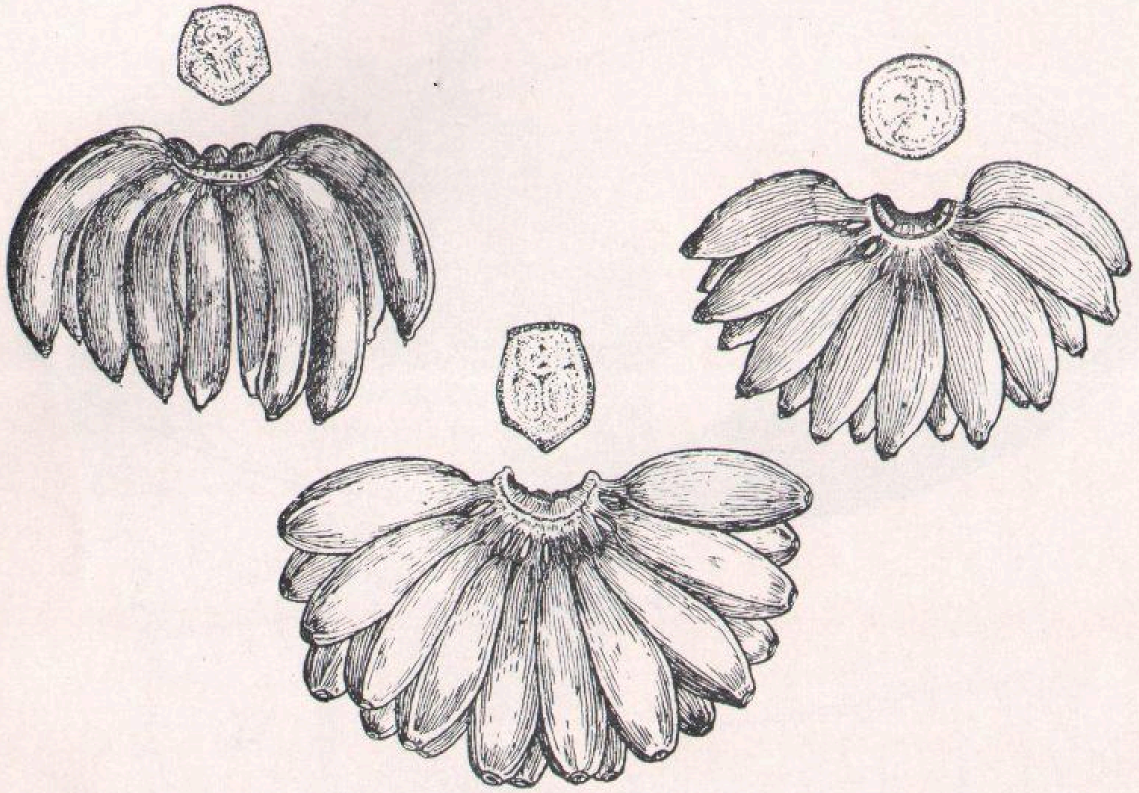


PAPAYA

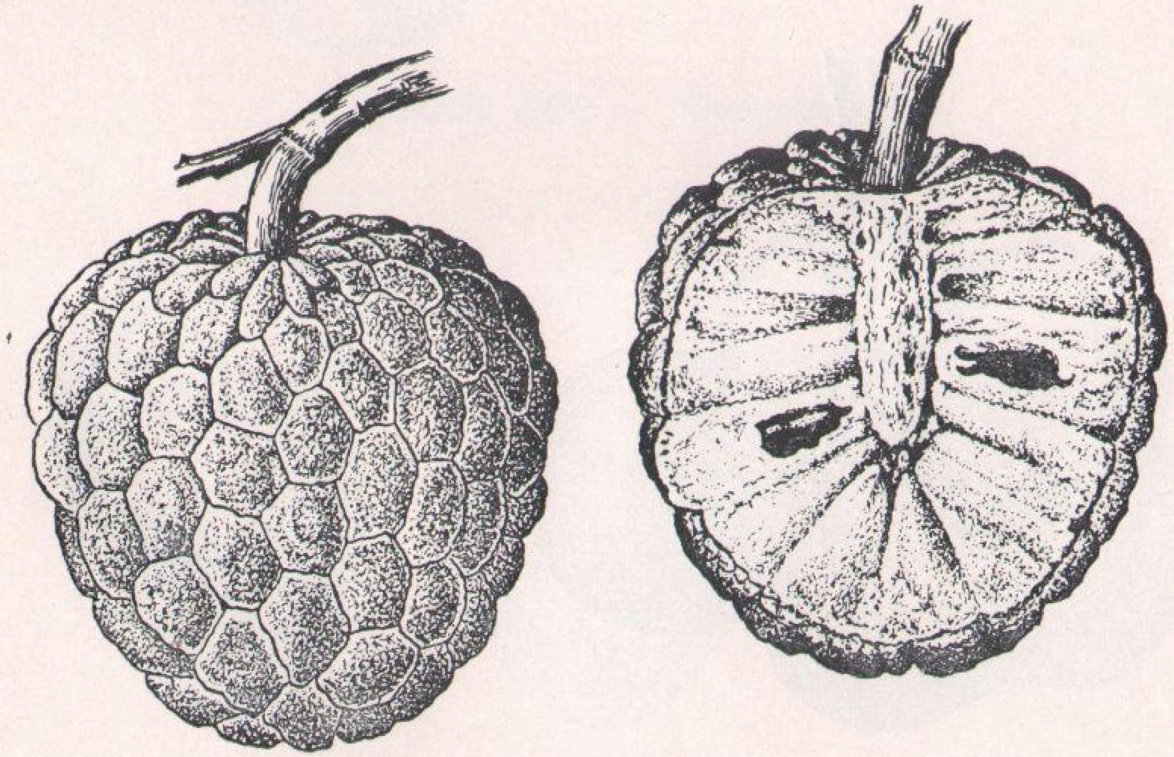


SANTOL

D

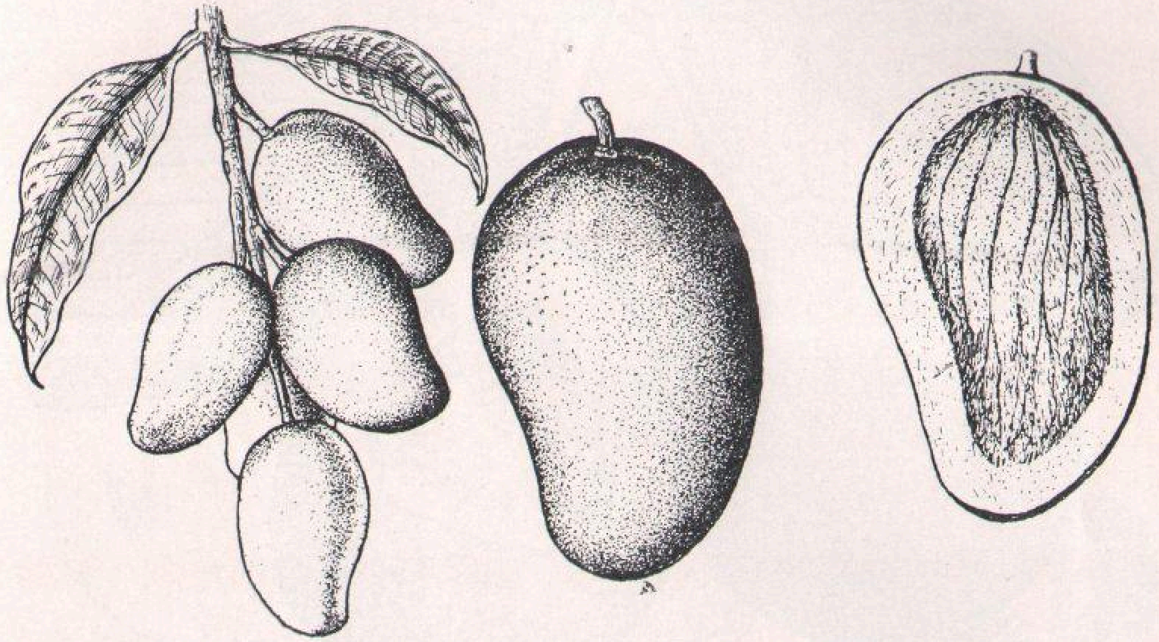


BANANAS — "Saging"

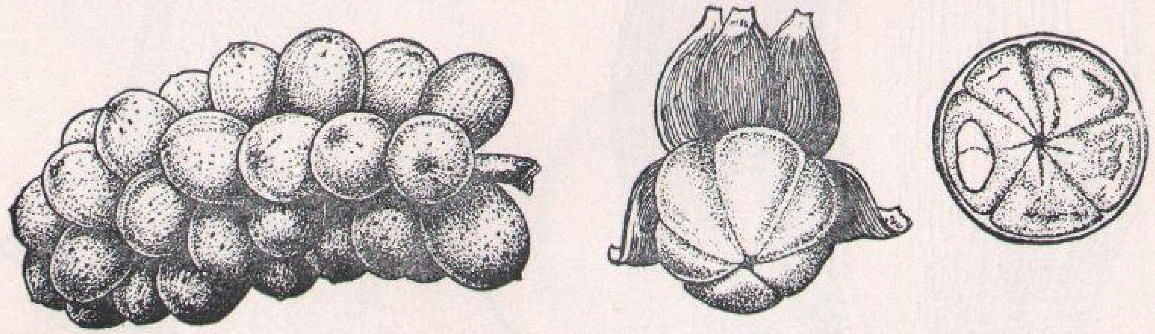


CUSTARD APPLE OR SWEET SOP — "Atis"

E

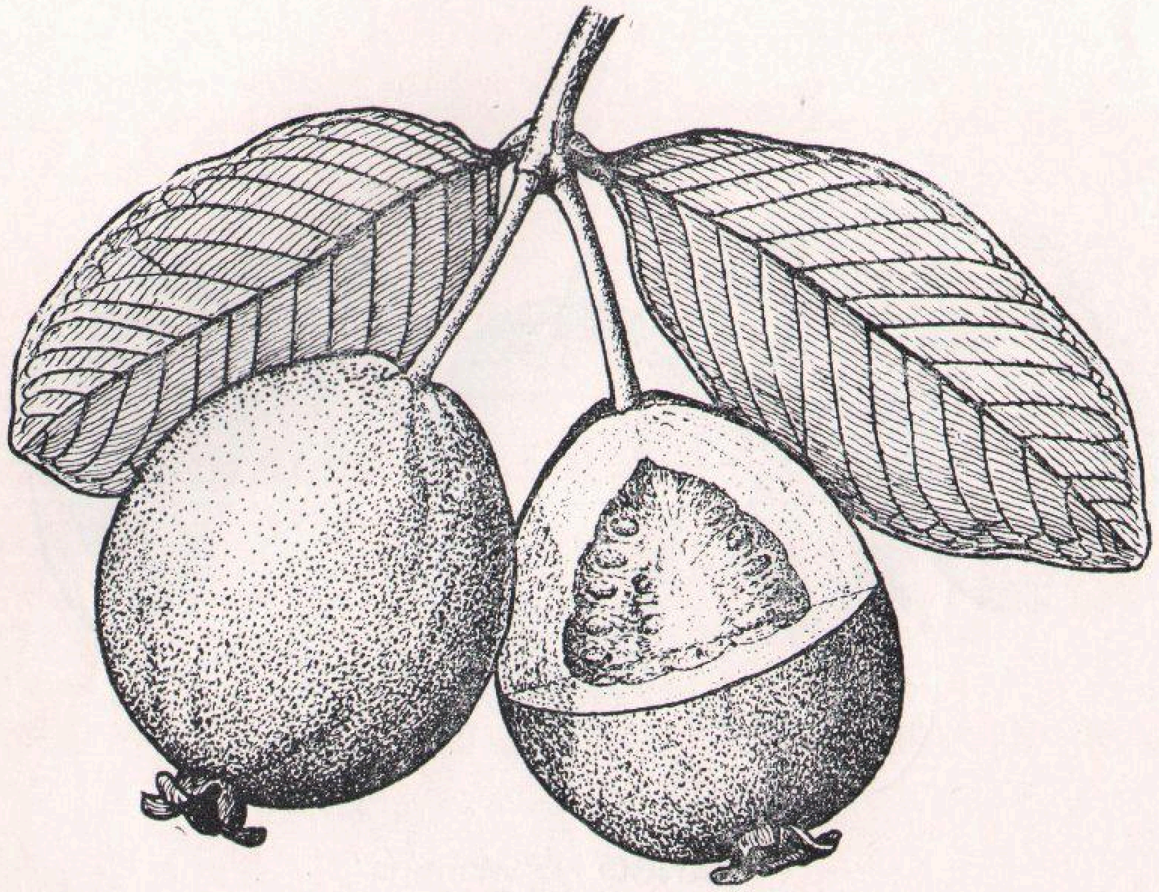


MANGO — "Mangga"

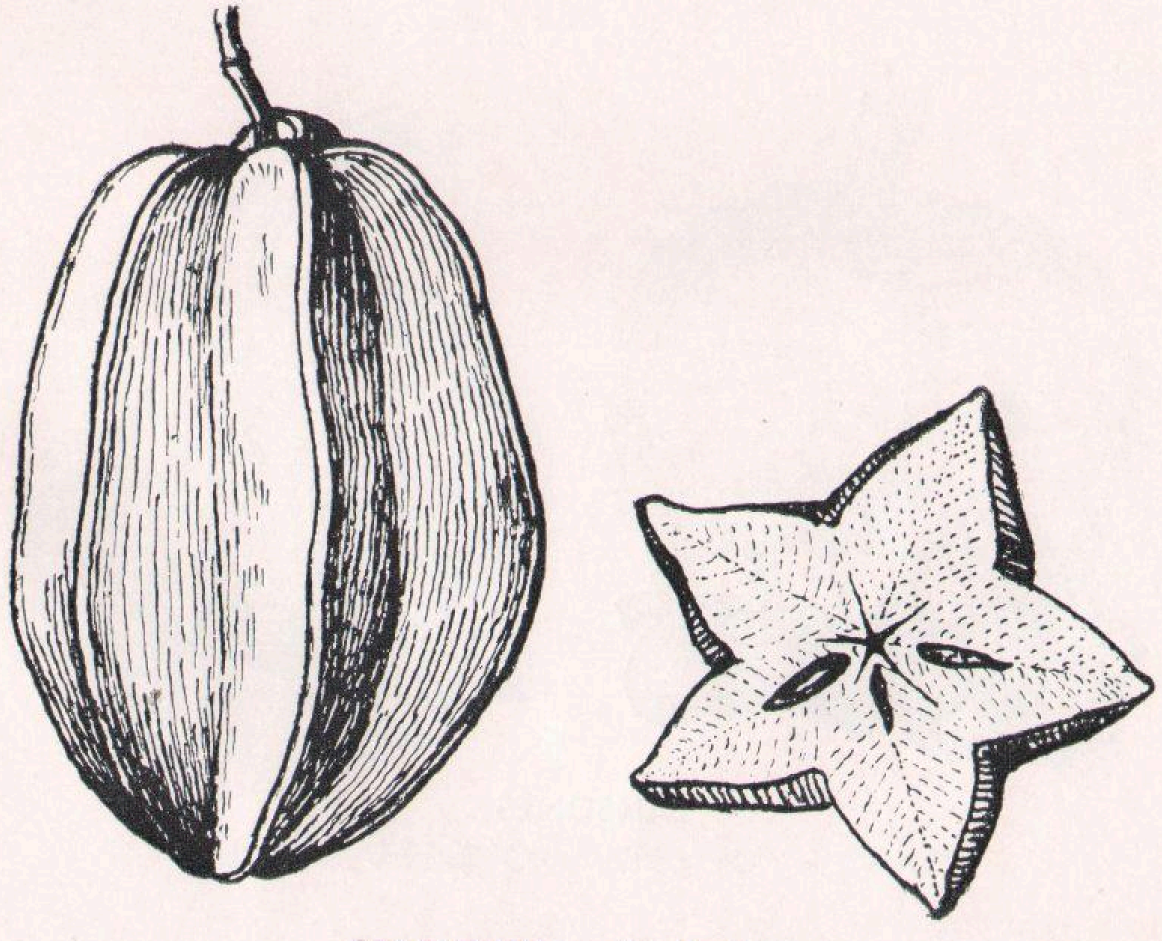


LANSONES

F

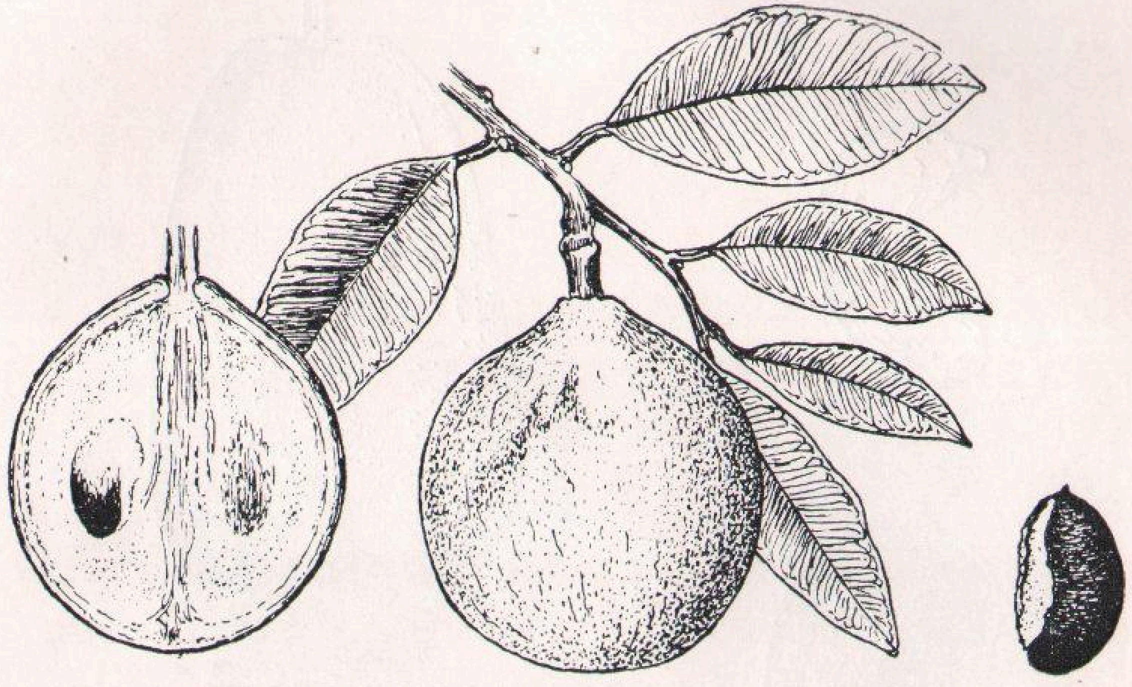


GUAVA — "Bayabas"

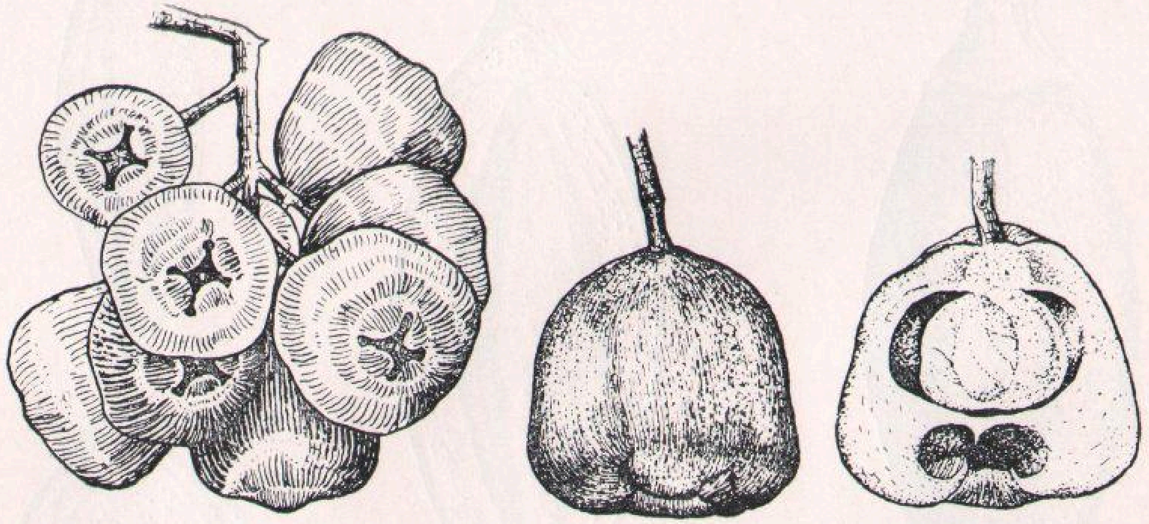


STAR FRUIT — "Balimbing"

G

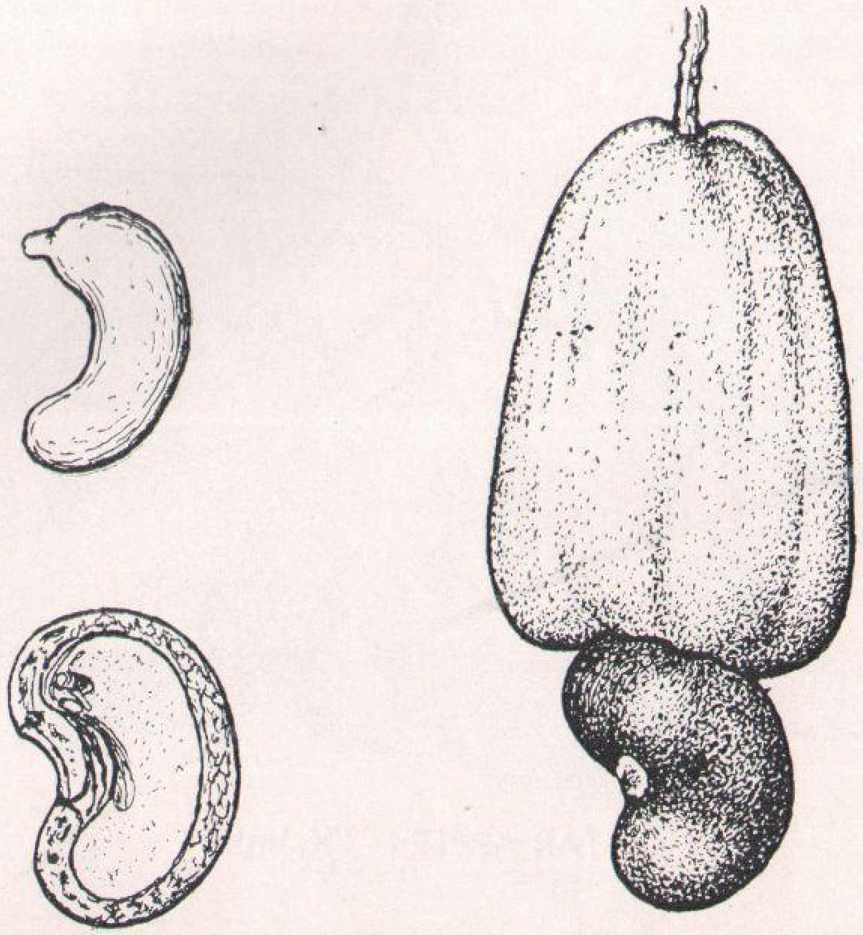


STAR APPLE — "Kaimito"

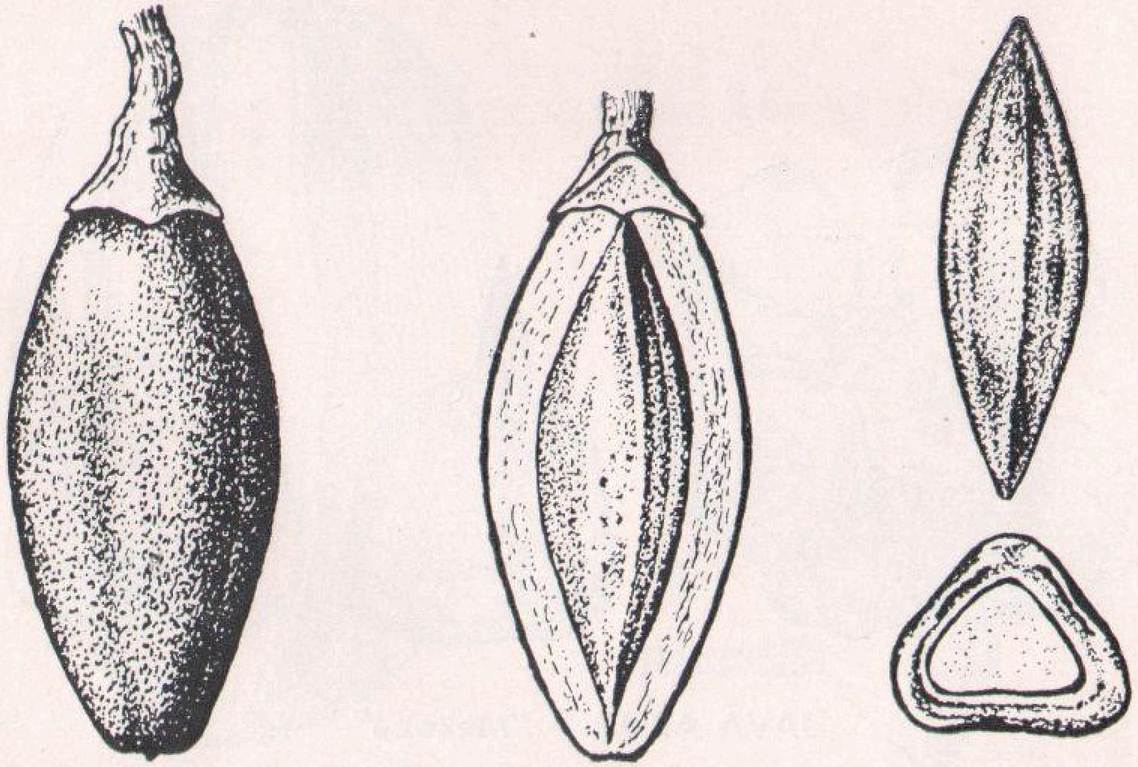


JAVA APPLE — "Makopa"

H

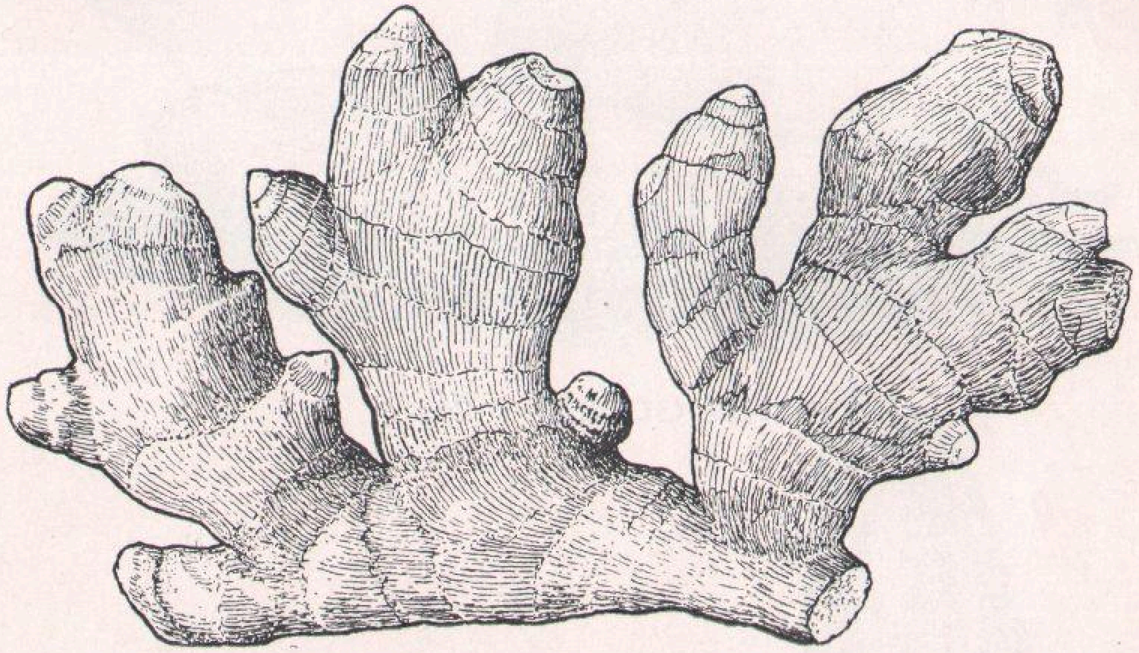


CASHEW NUT — "Kasoy"



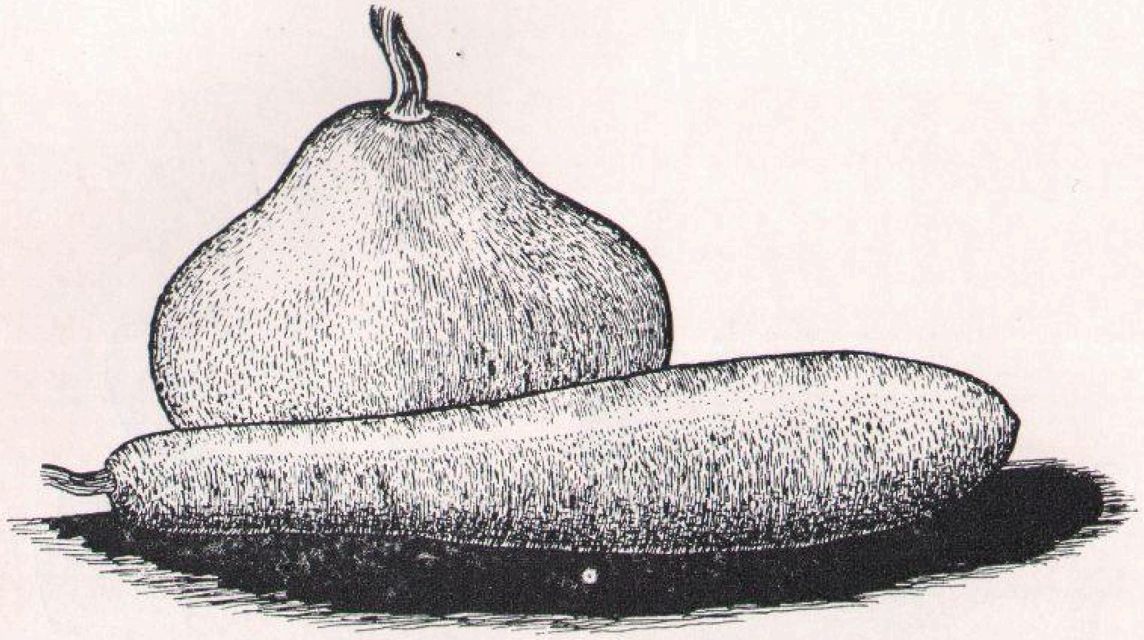
PILI NUT

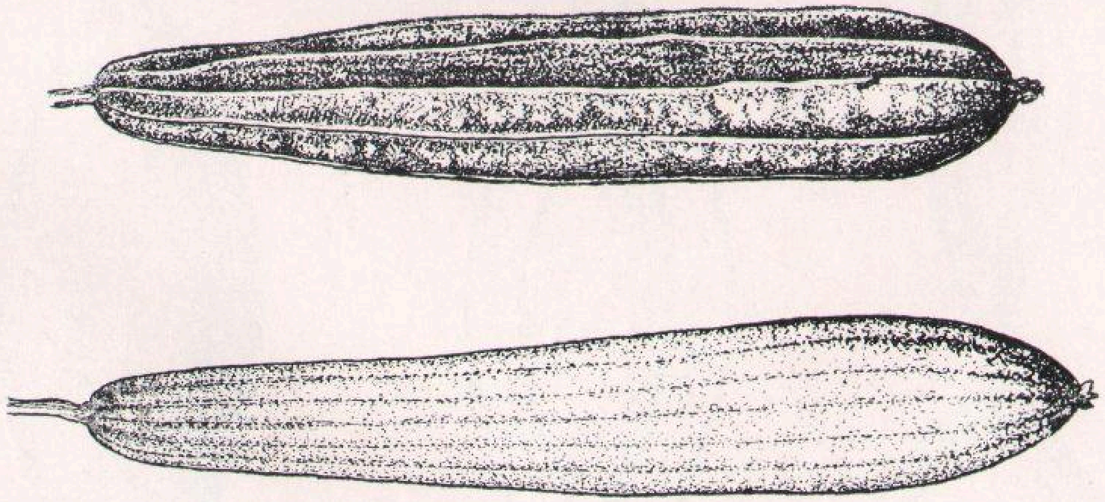
I



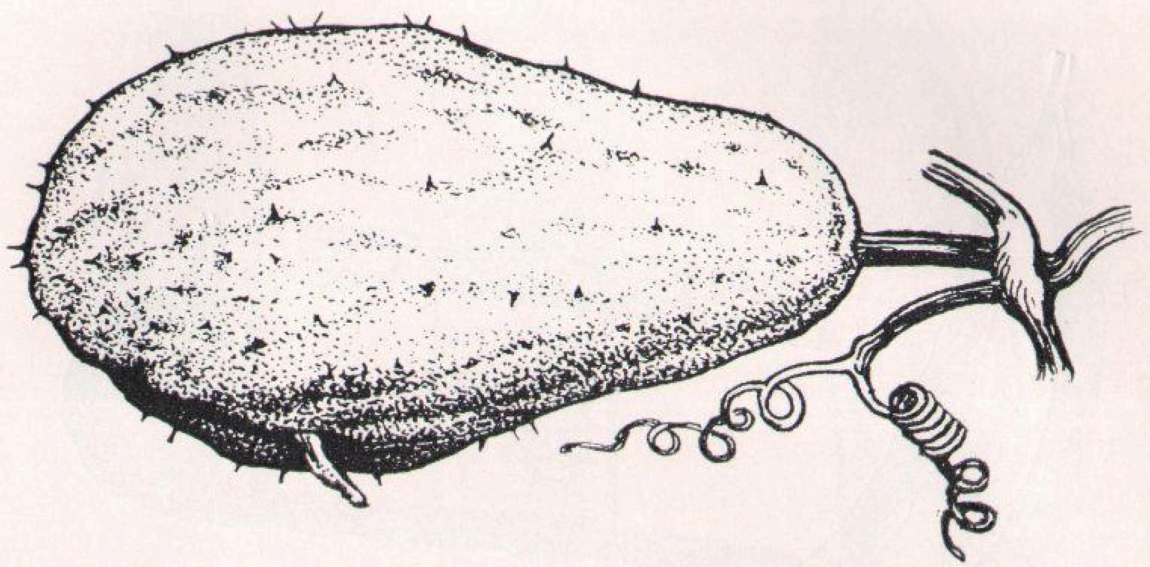
GINGER — "Luya"

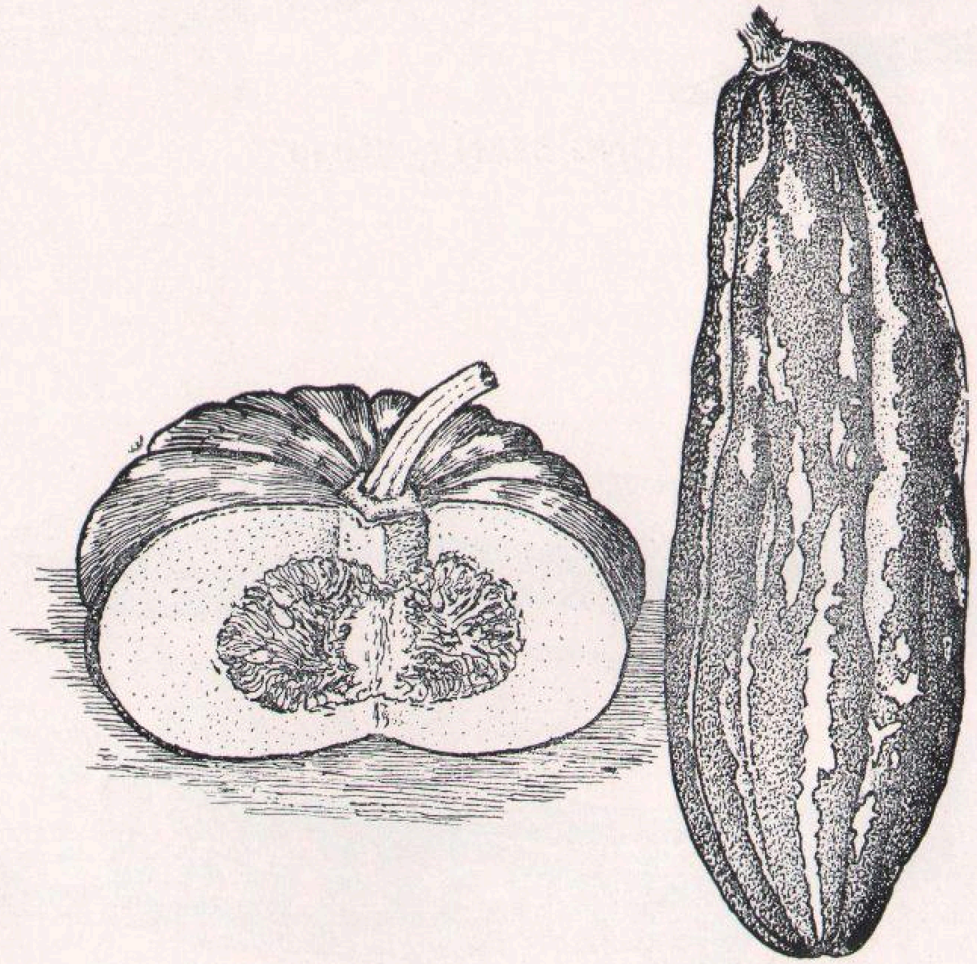
J


BOTTLE GOURD — "Upo"

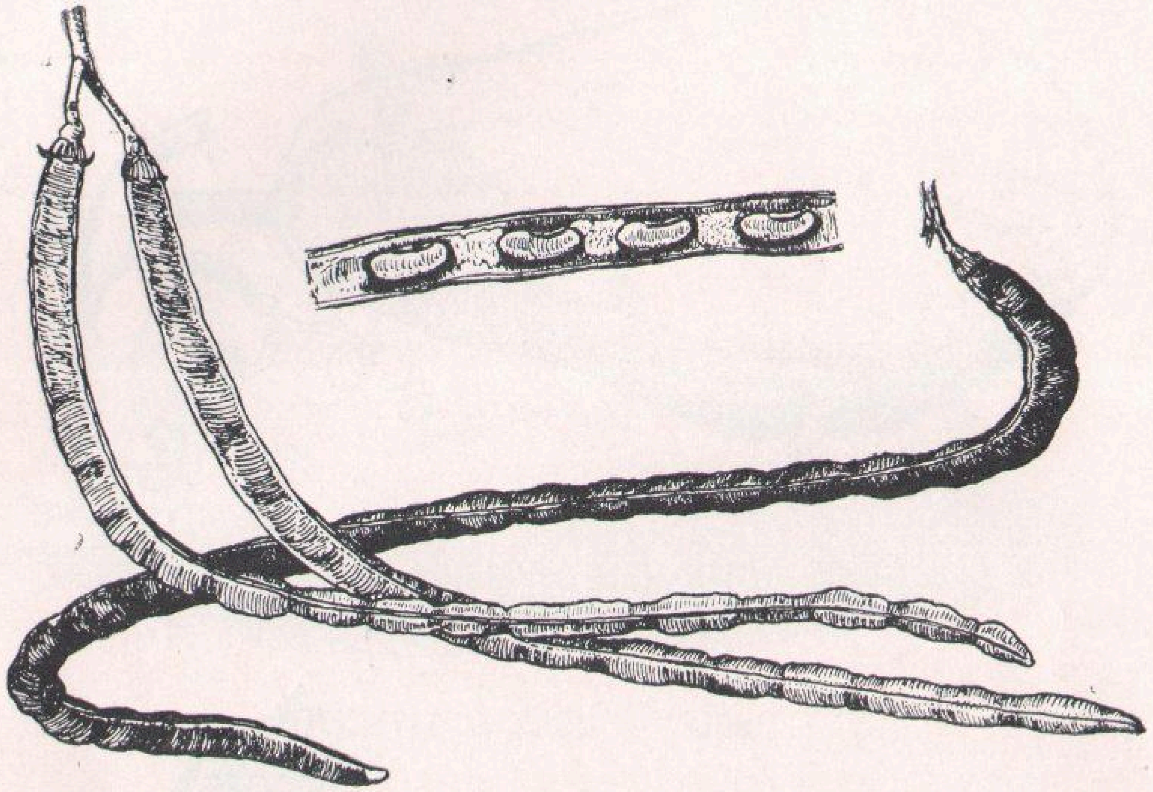

LOOFAH — "Patola"

K

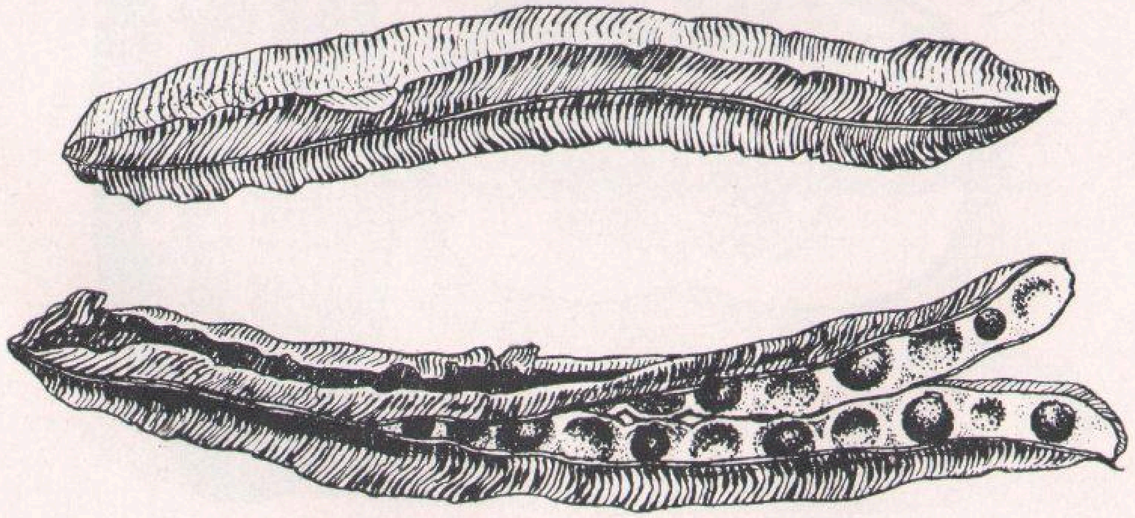

CHAYOTE — "Sayote"


"YELLOW SQUASH — "Kalabasa"

L

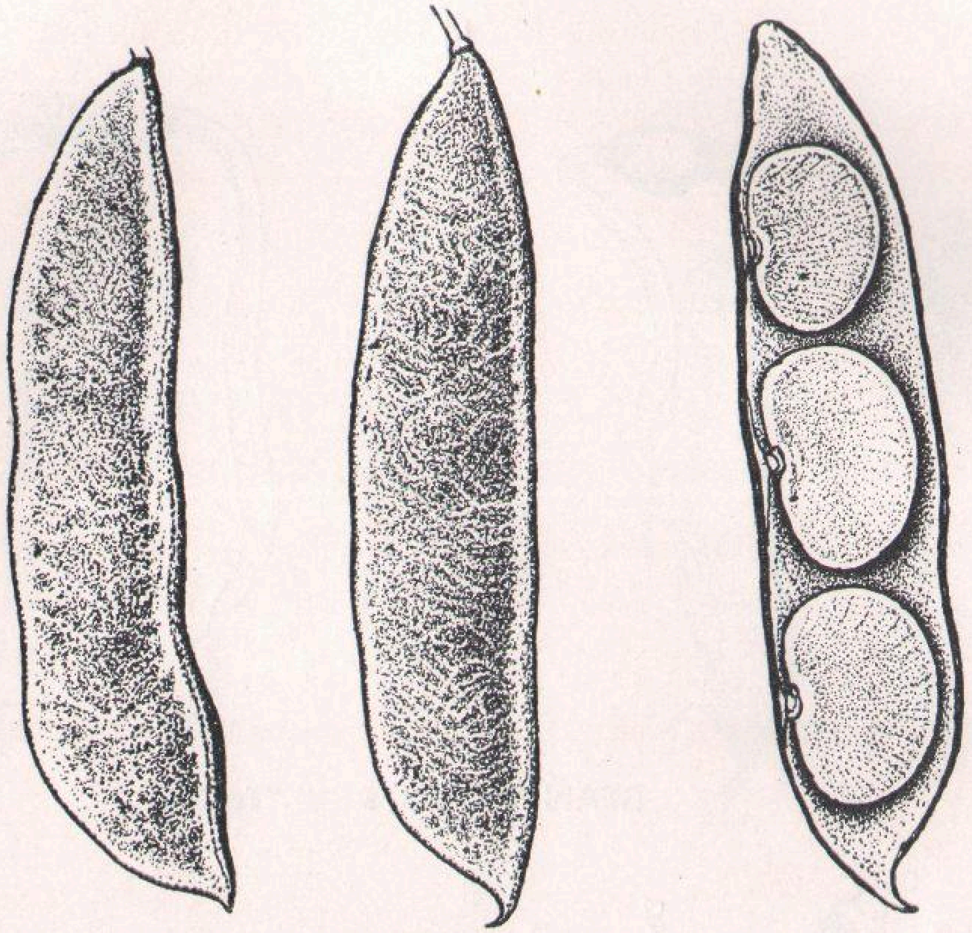


LONG BEAN — "Sitao"

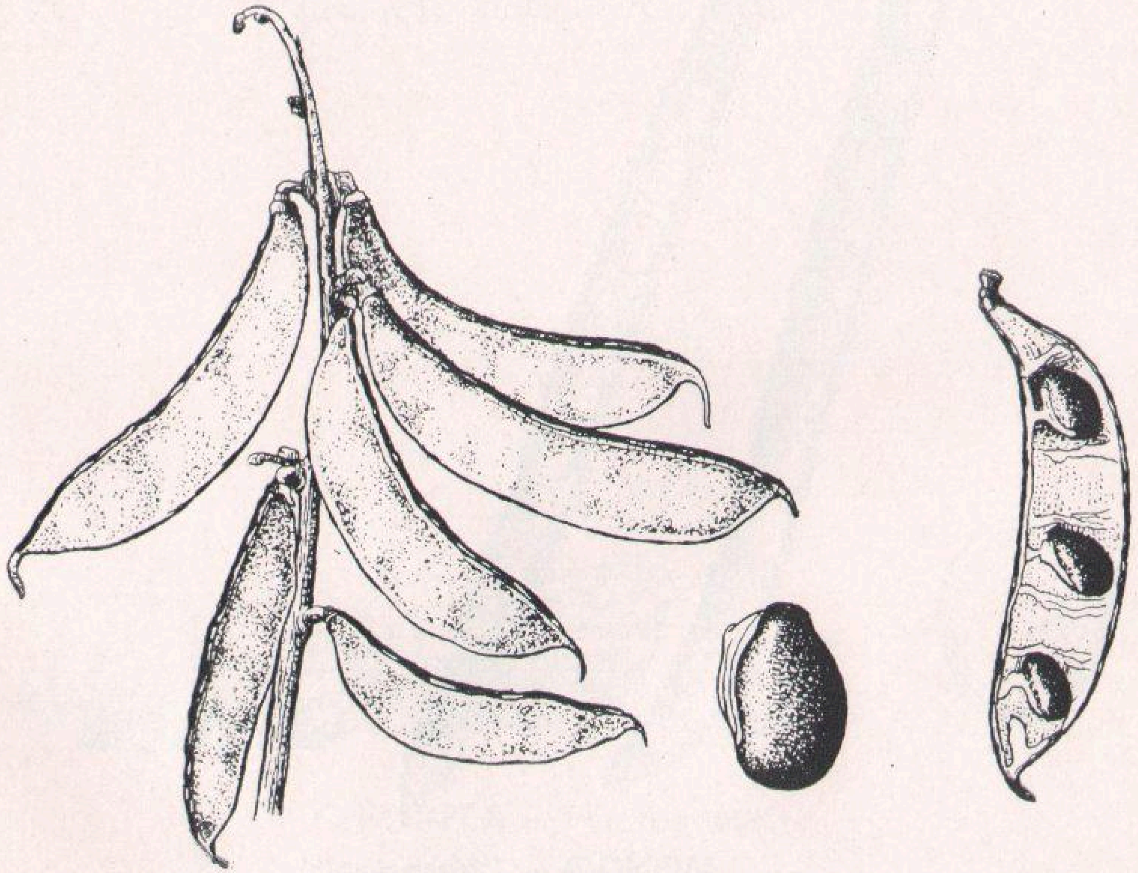


WINGED BEANS — "Sigidillas"

M

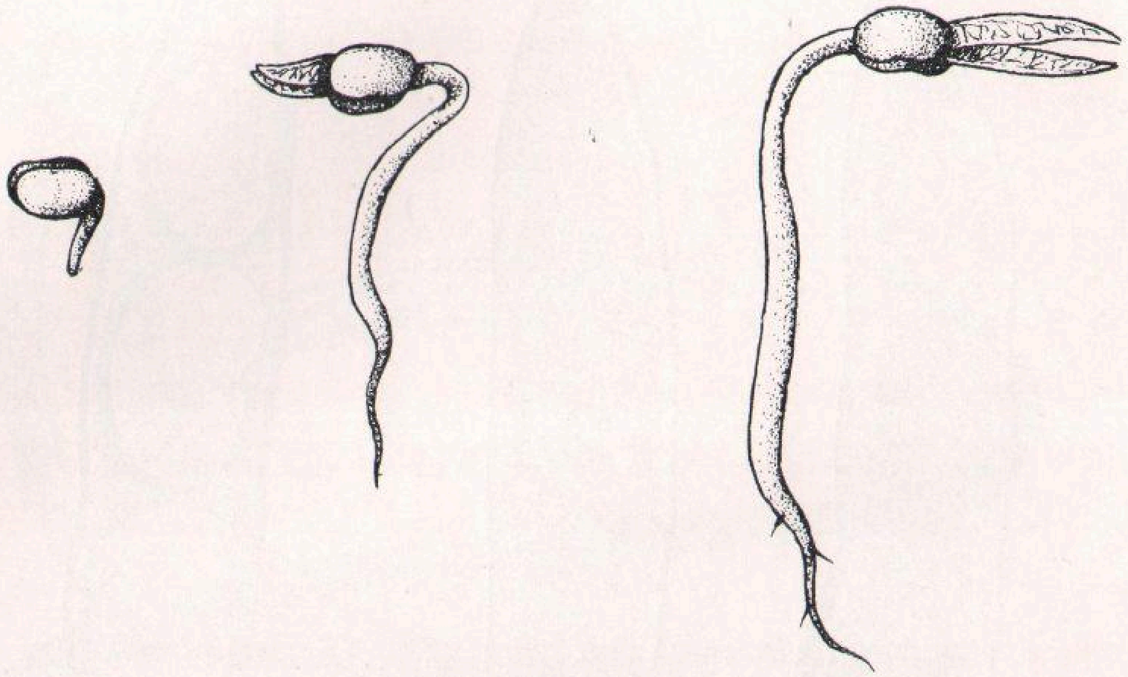


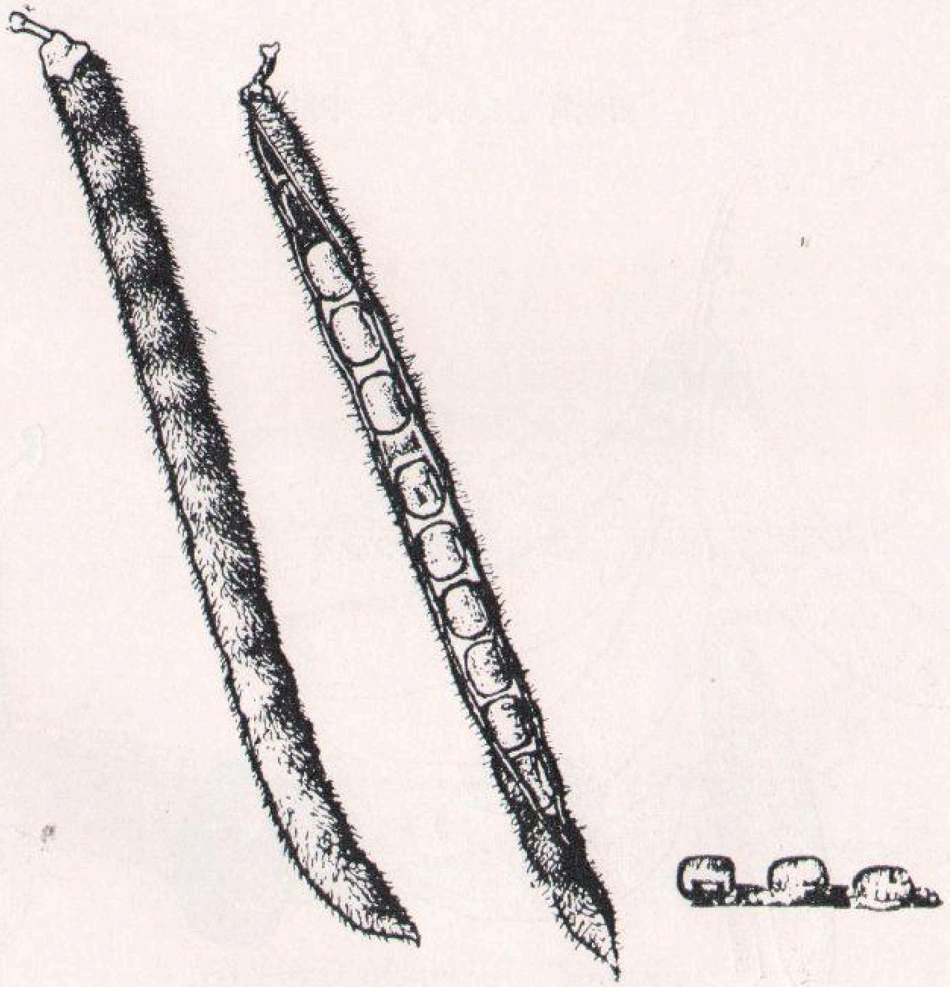
LIMA BEAN — "Patani"



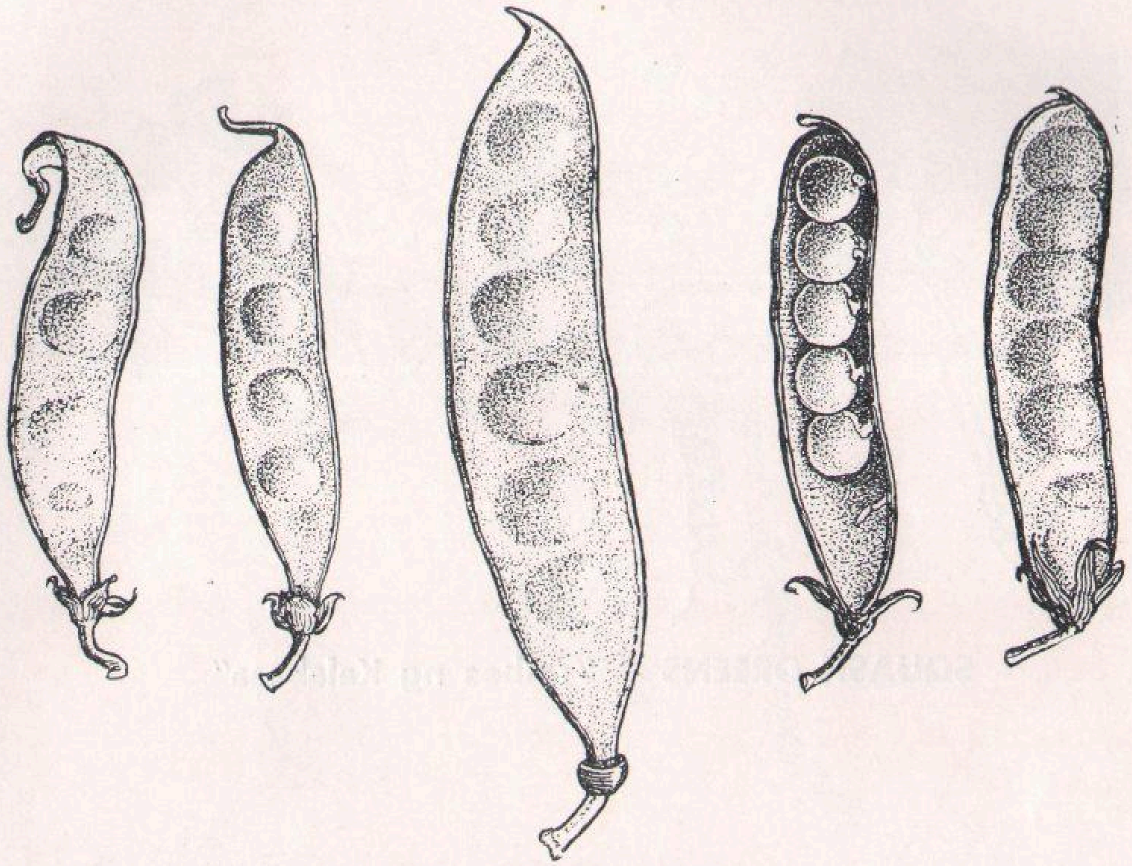
HYACINTH BEAN — "Batao"

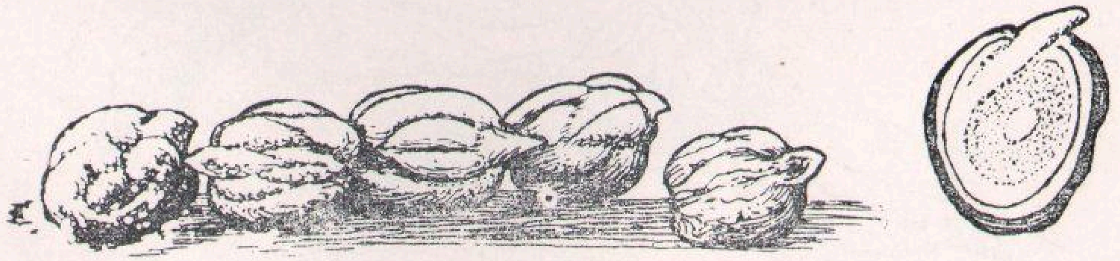
N


BEAN SPROUTS — "Togue"

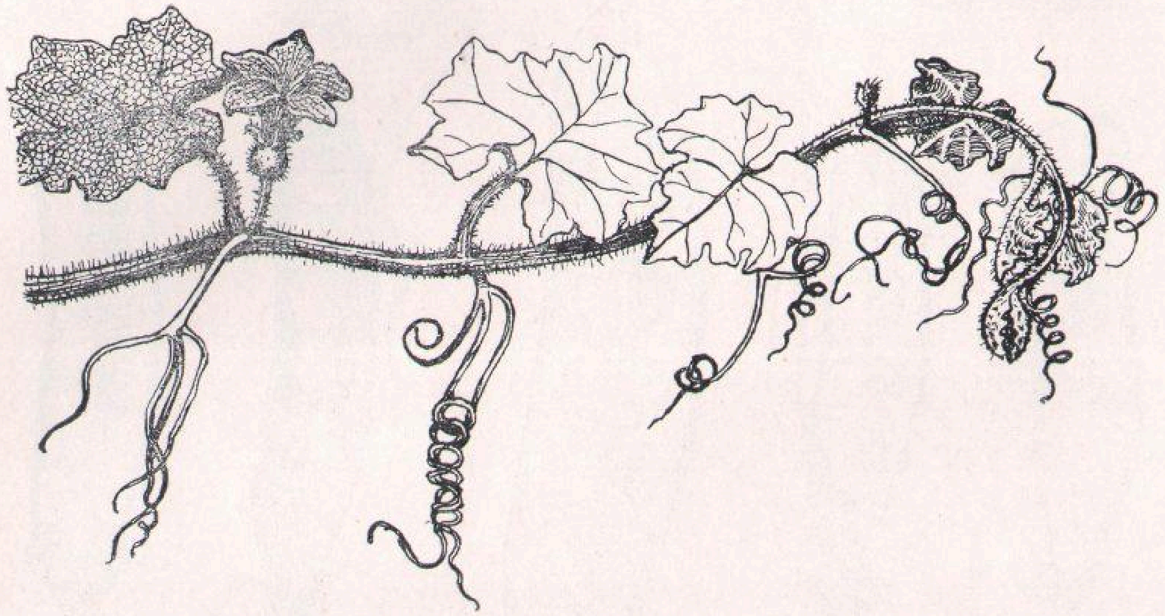

MONGO — "Munggo"

O

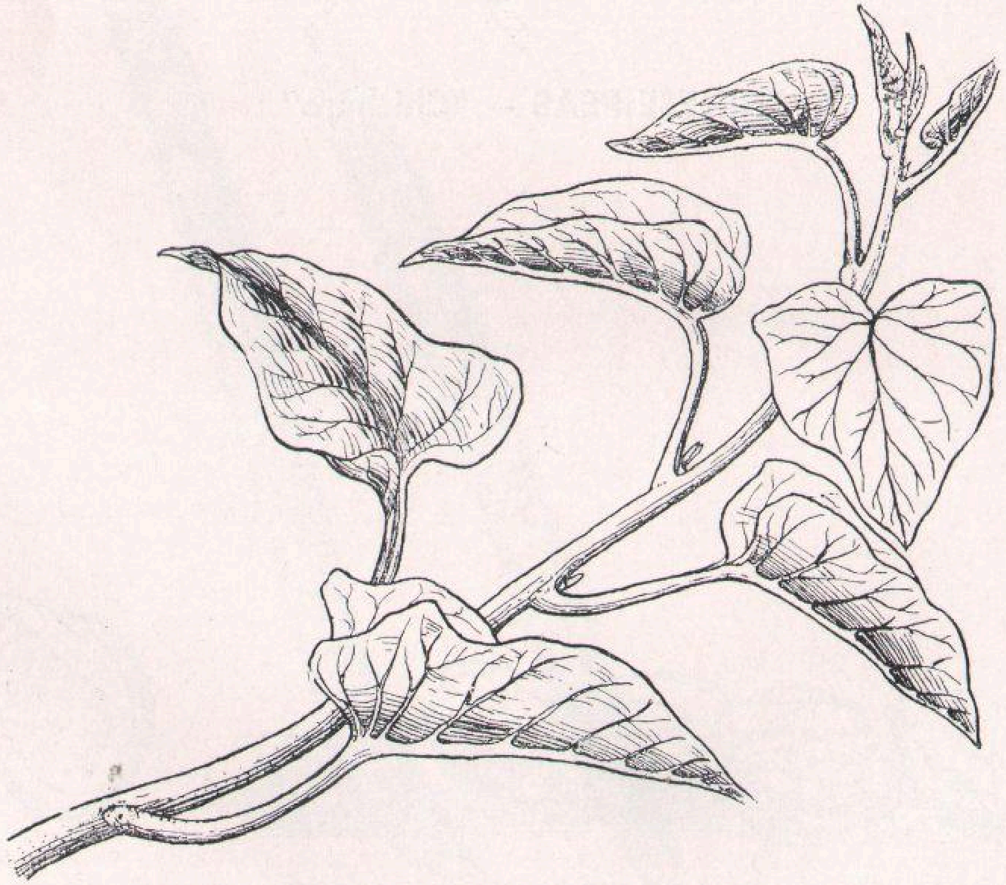

CHINESE PEAS — "Chicharo"


CHICK-PEA — "Garbansos"

P

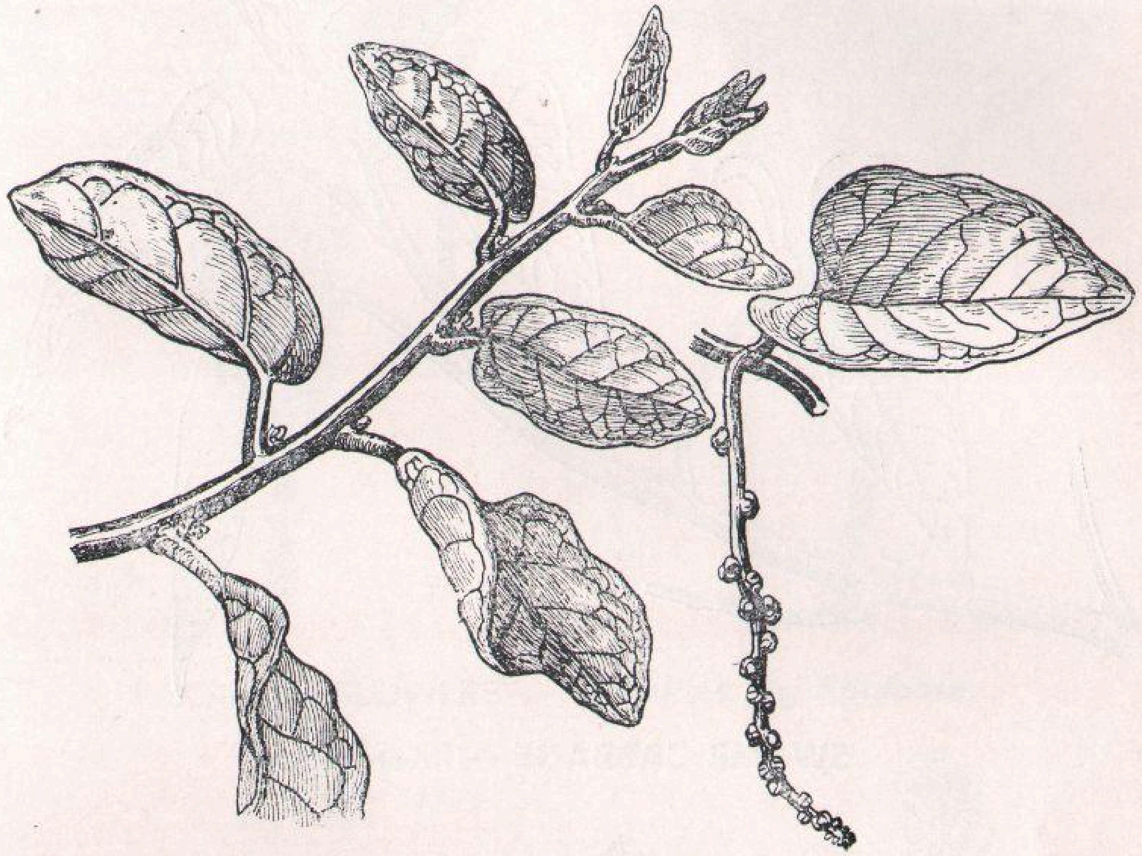


SQUASH GREENS — "Talbos ng Kalabasa"

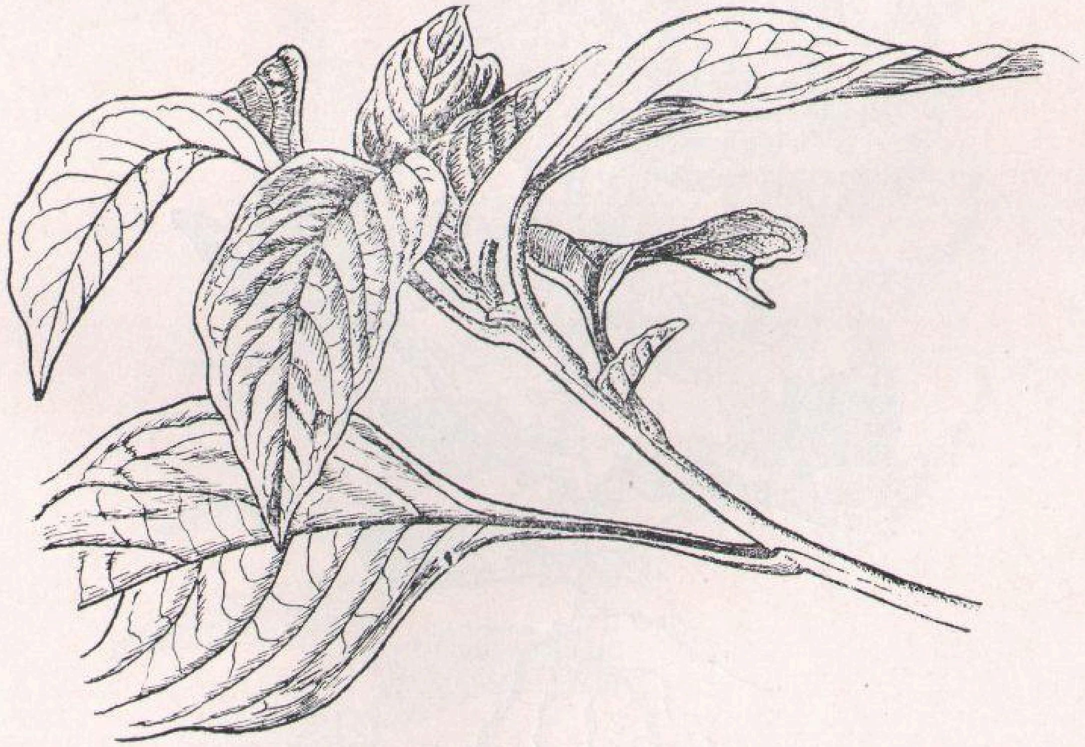


SWEET POTATO GREEN — "Talbos ng Kamote"

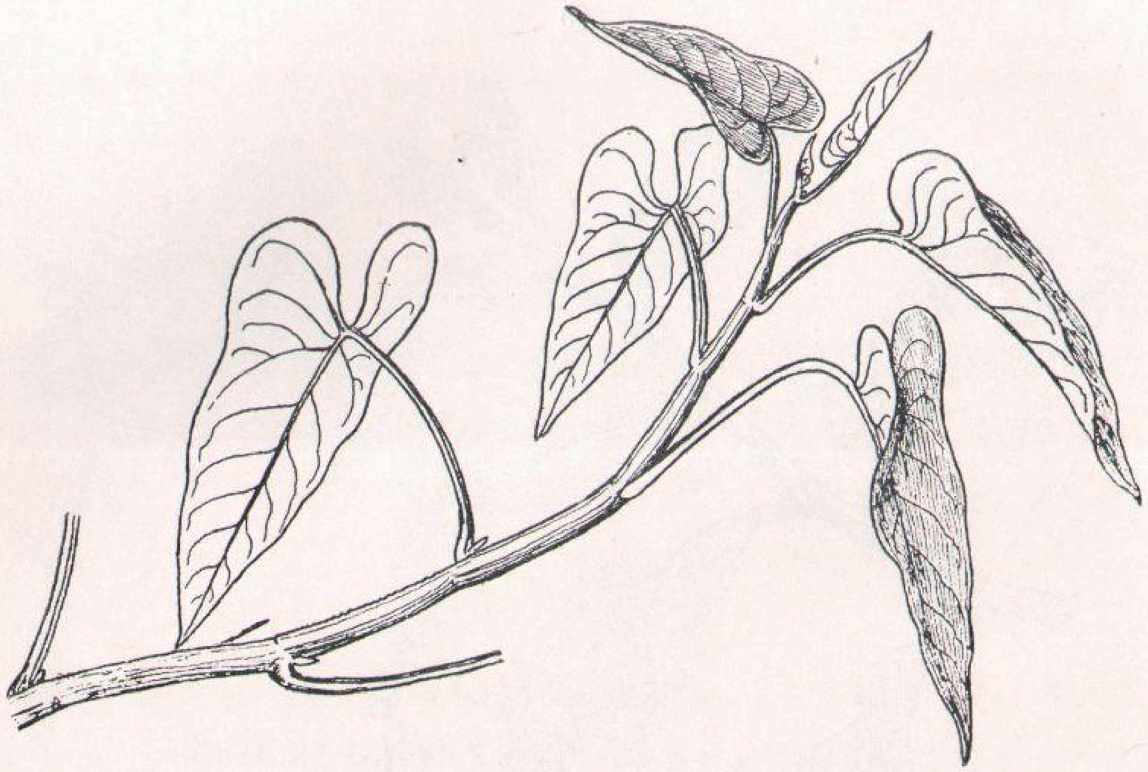
Q



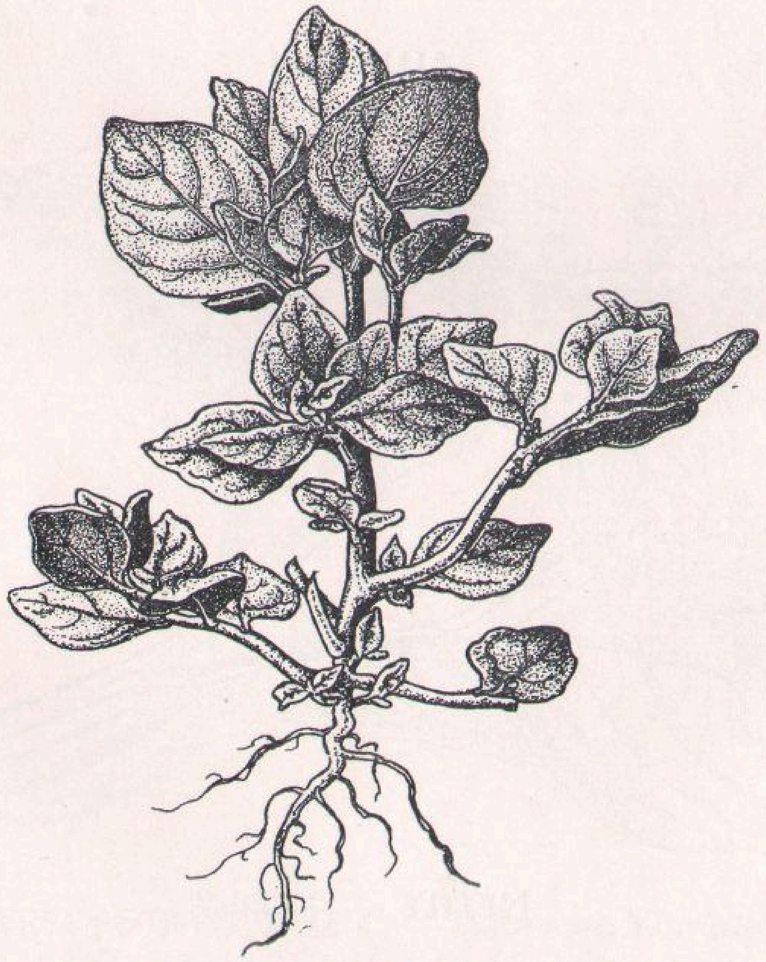
ALUGBATI



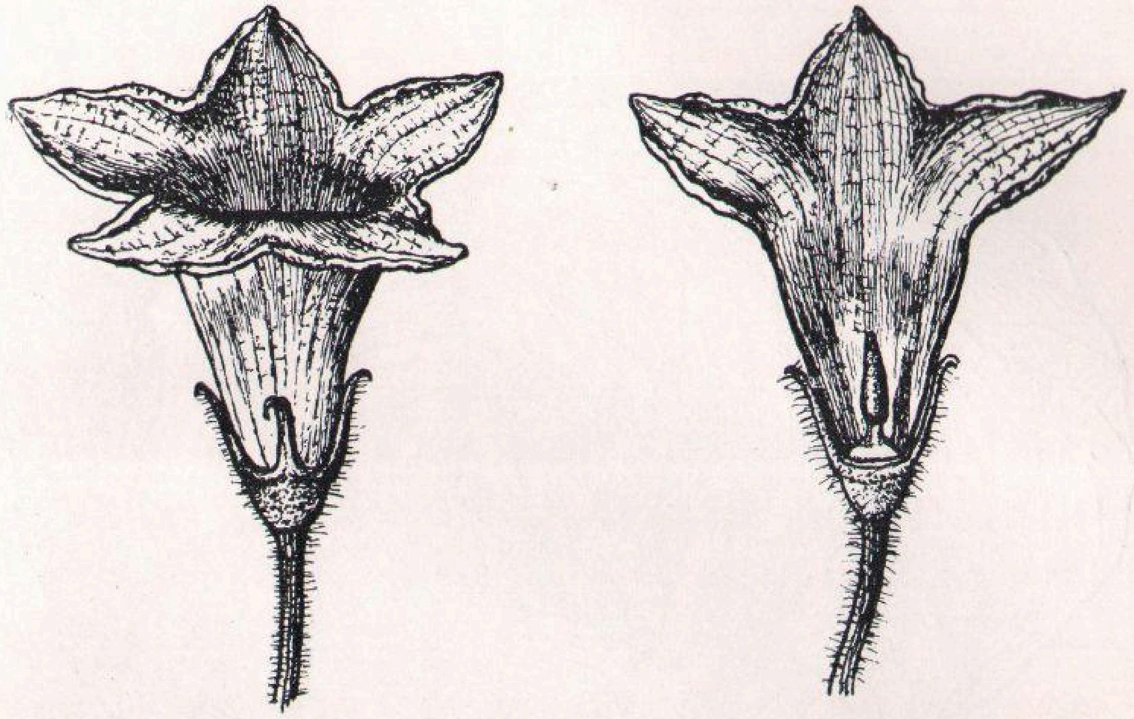
NETTLE — "Kolitis"



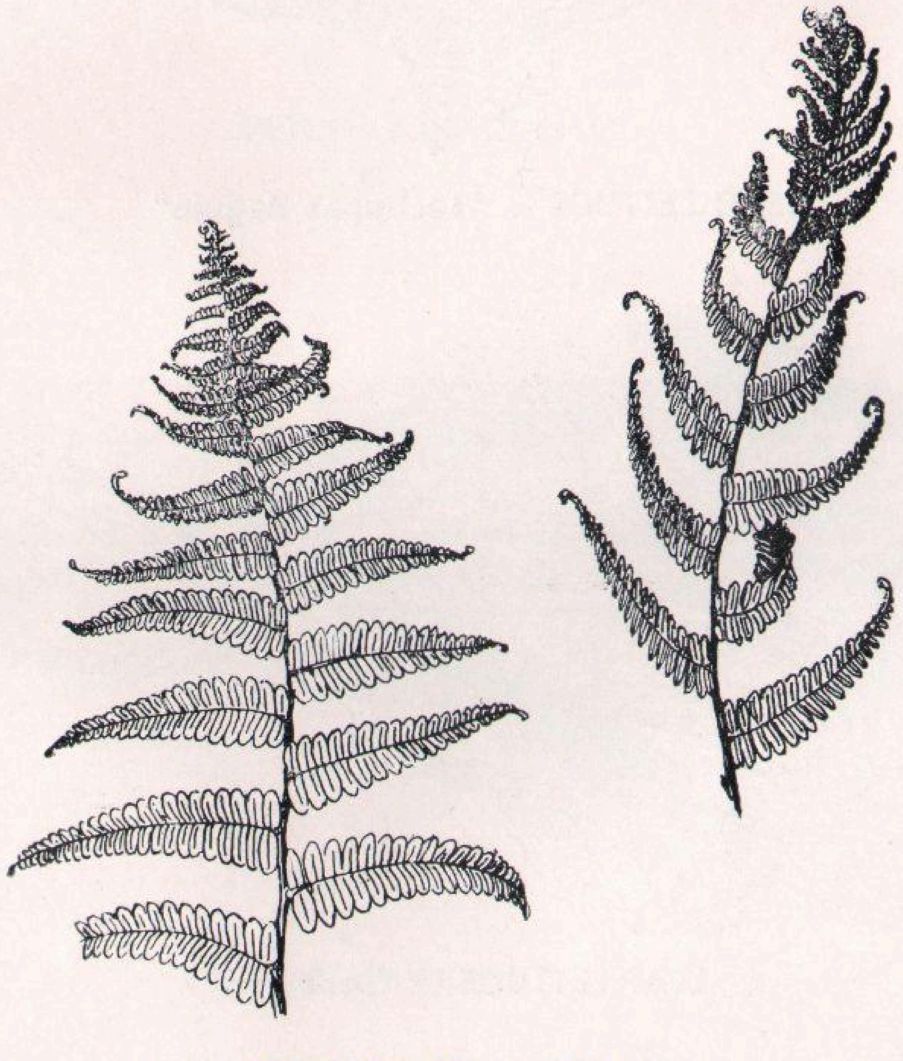
SWAMP CABBAGE — "Kangkong"



NEW ZEALAND SPINACH — "Espinaca"

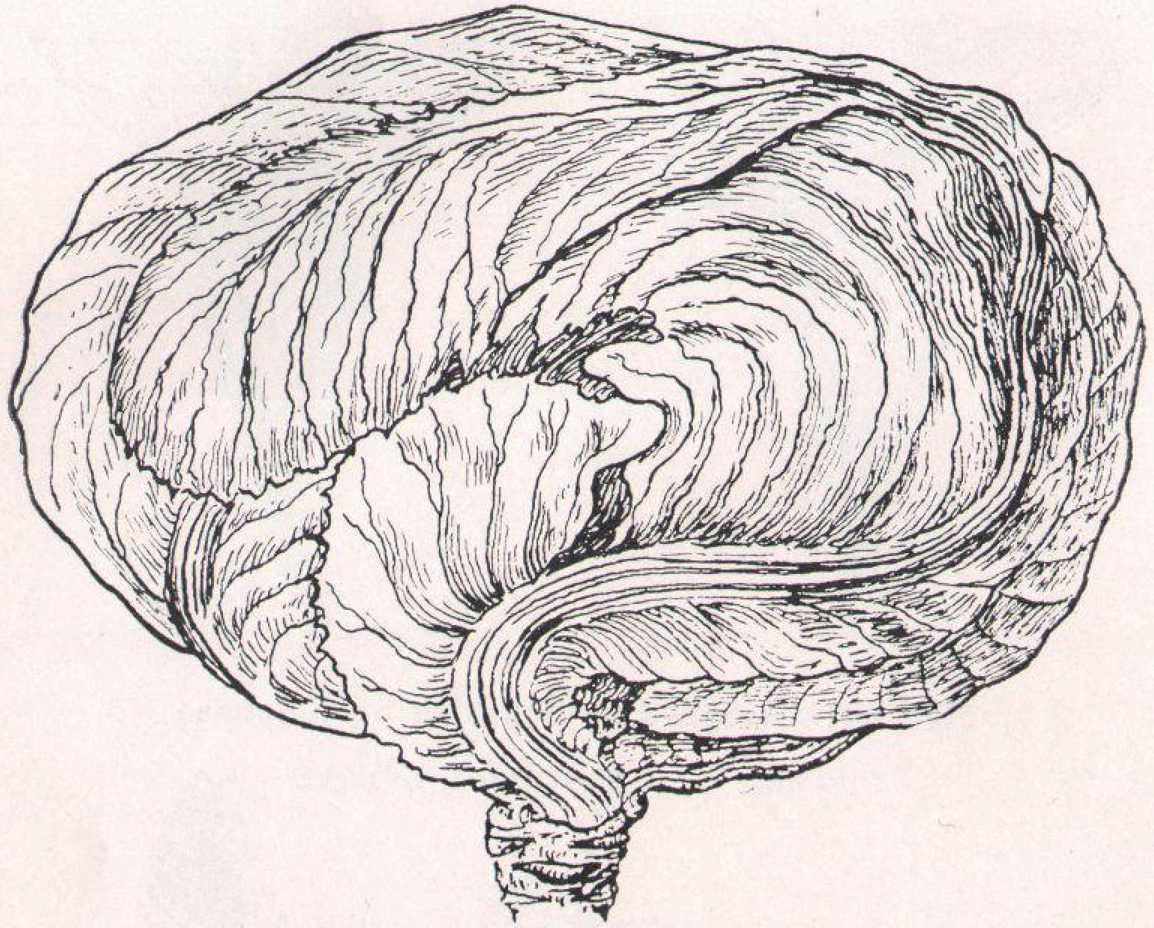


SQUASH FLOWERS — "Bulaklak ng Kalabasa

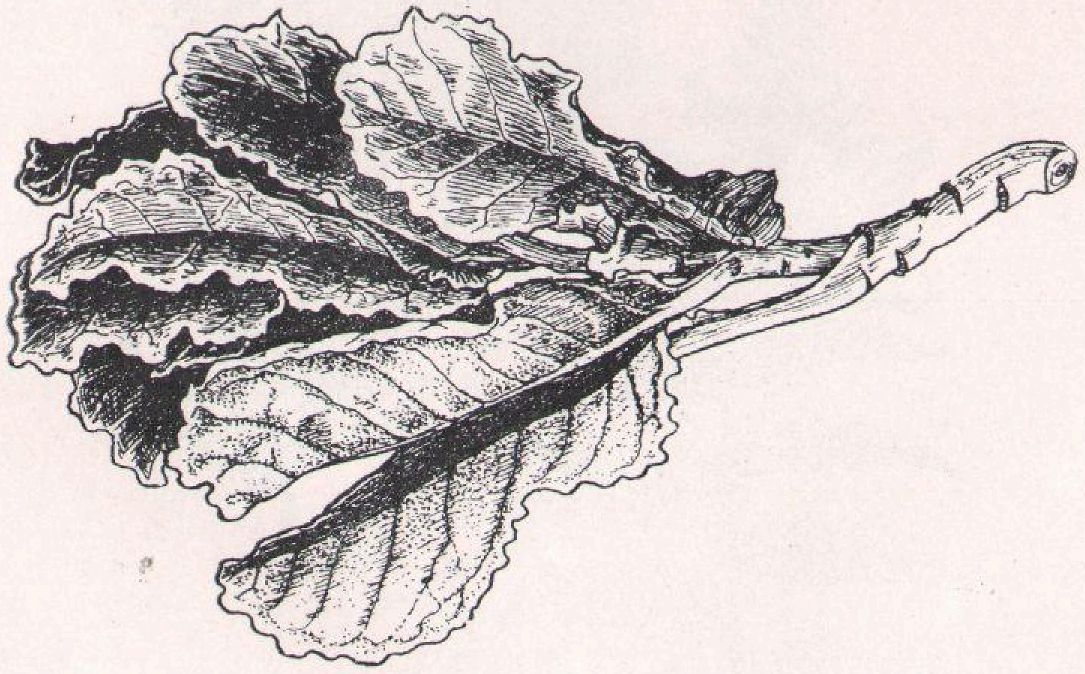


FERN LEAVES — "Pako"

T

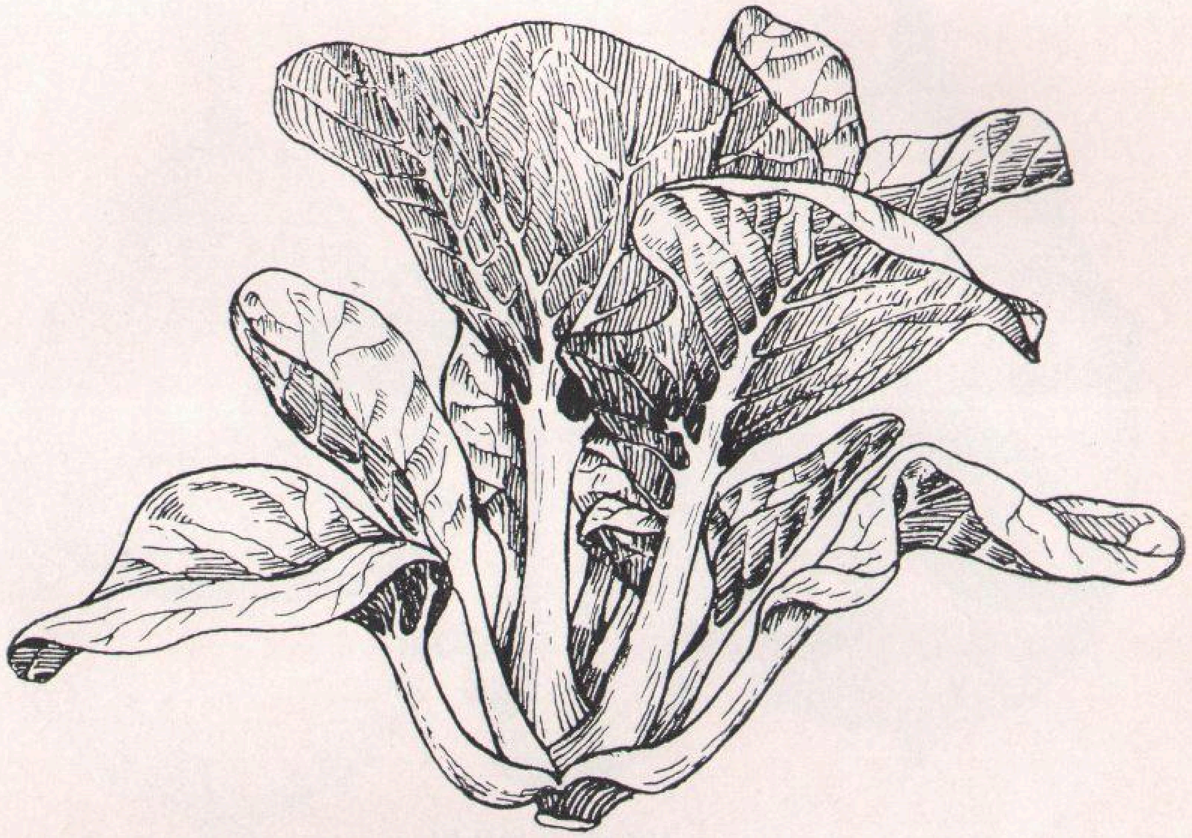


HEAD LETTUCE — "Lechugas Baguio"

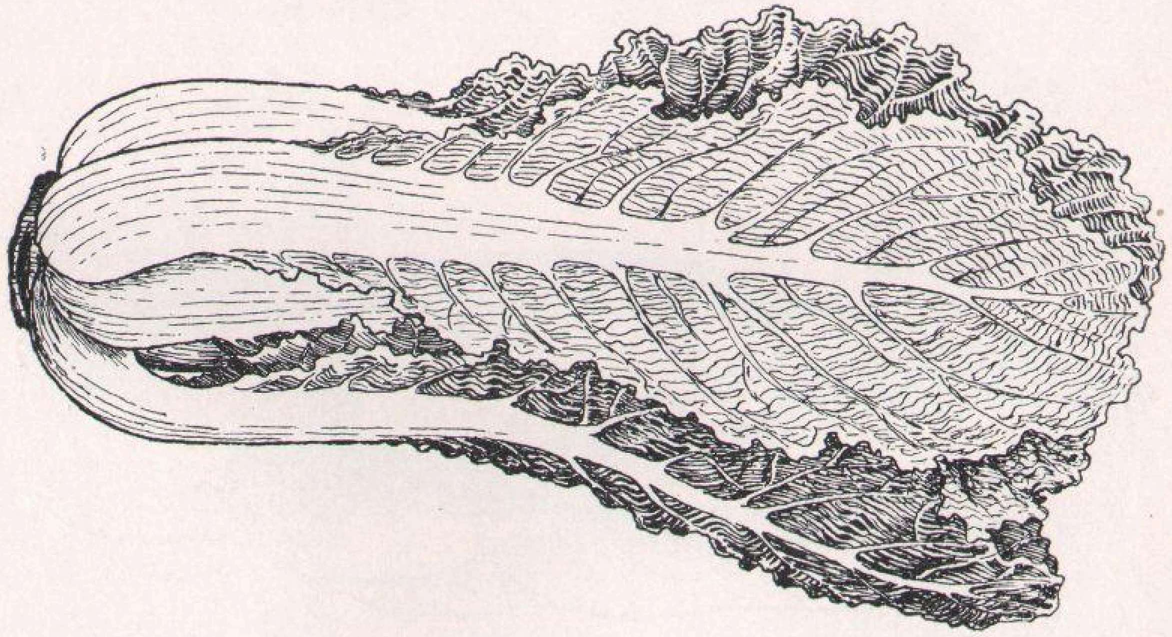


LEAF LETTUCE — "Lechugas"

U

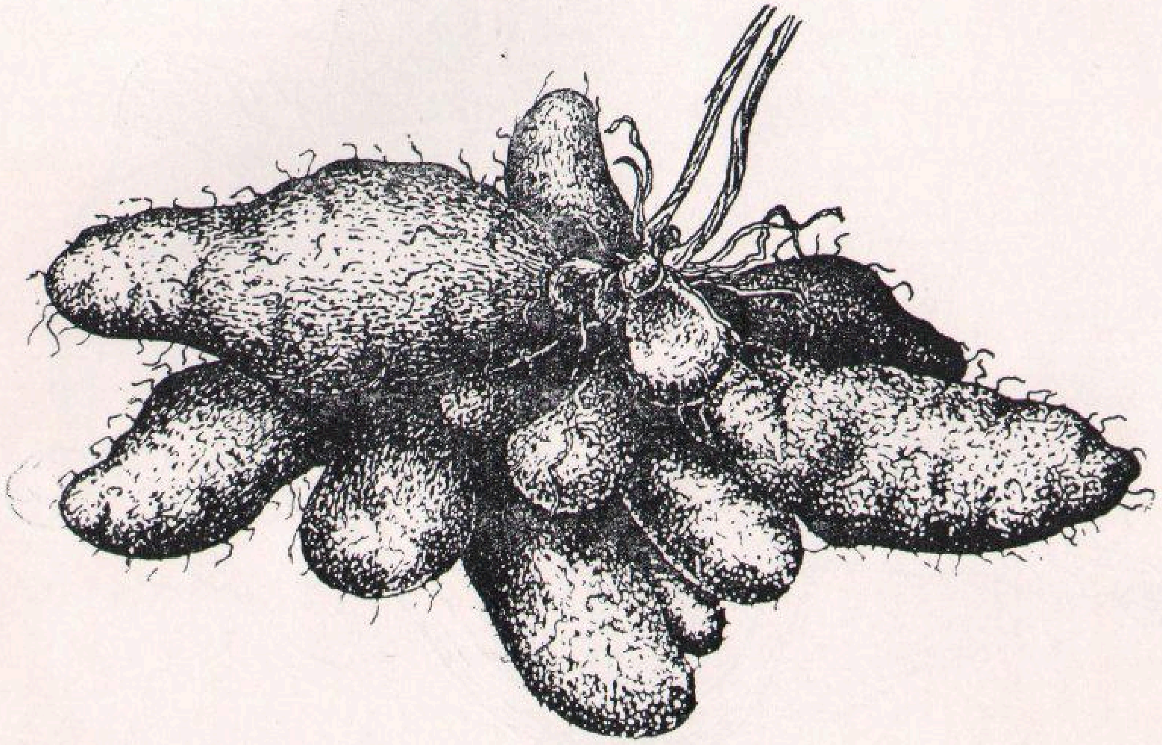


PETCHAY — "Petsay"

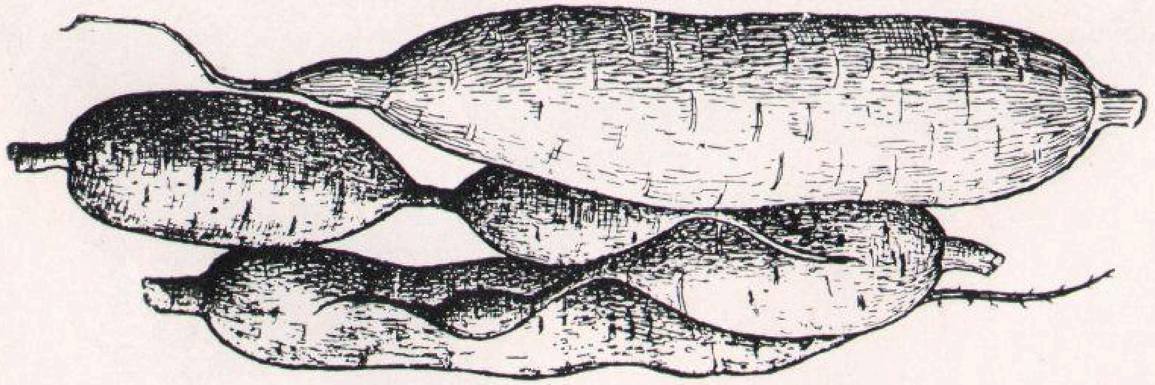


CHINESE CABBAGE — "Petsay Baguio"

V

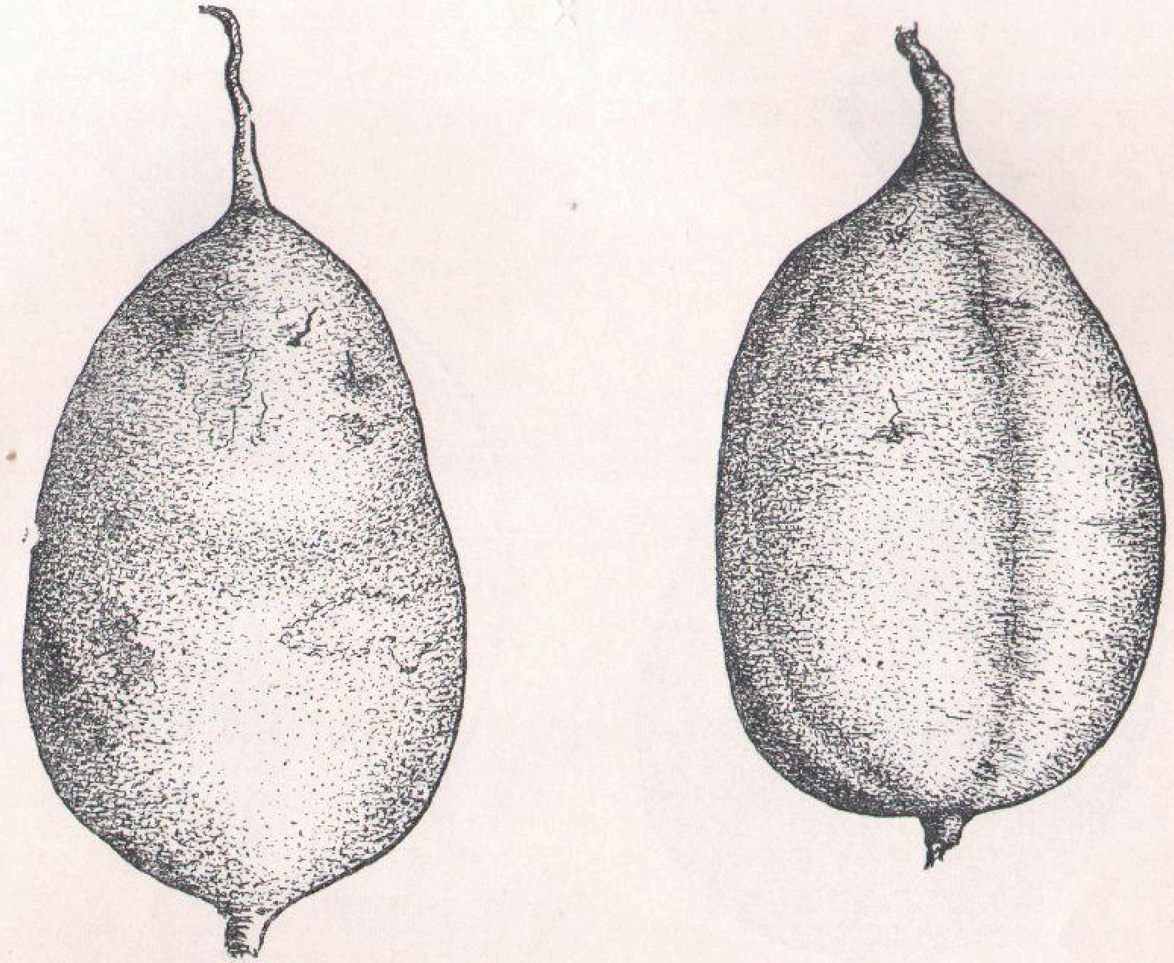


YAM — "Ubi"

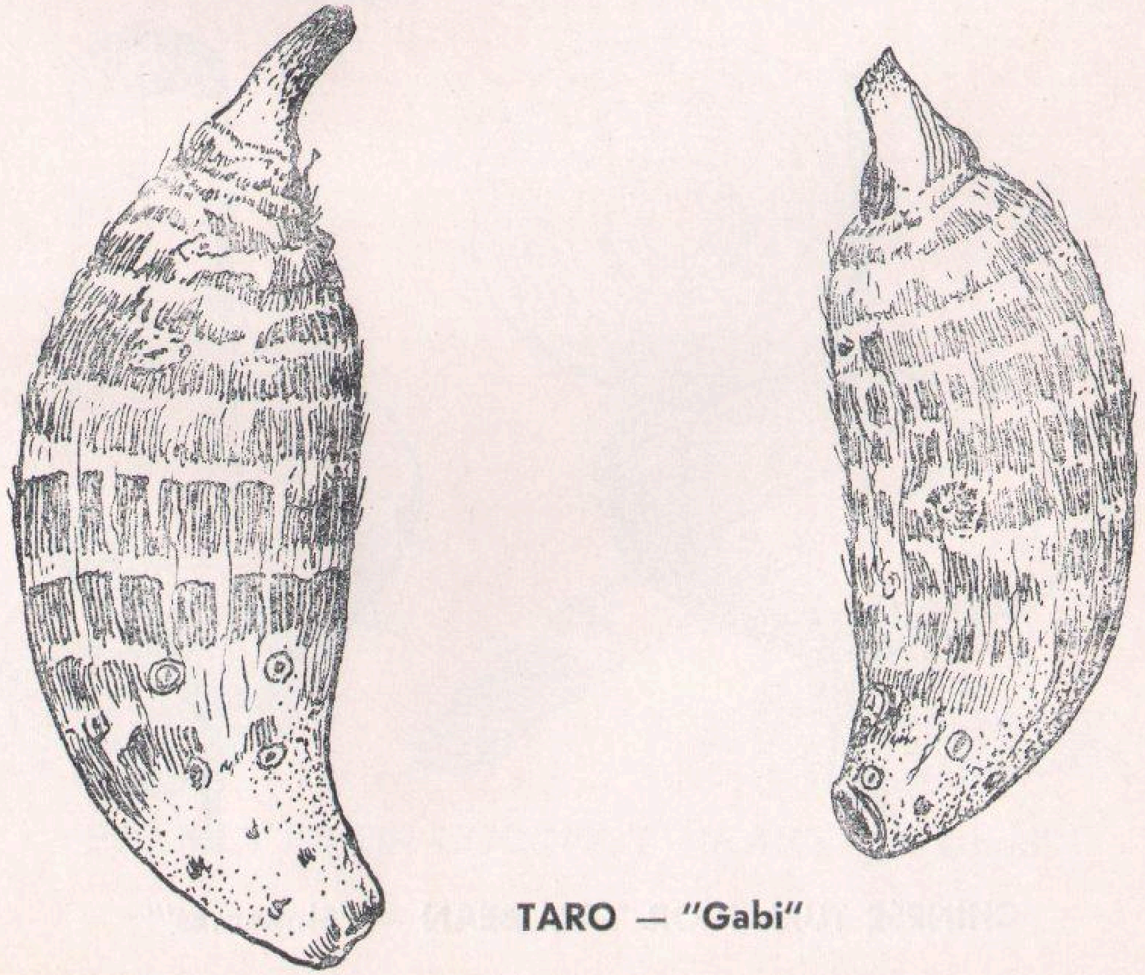


CASSAVA — "Kamoteng Kahoy"

W

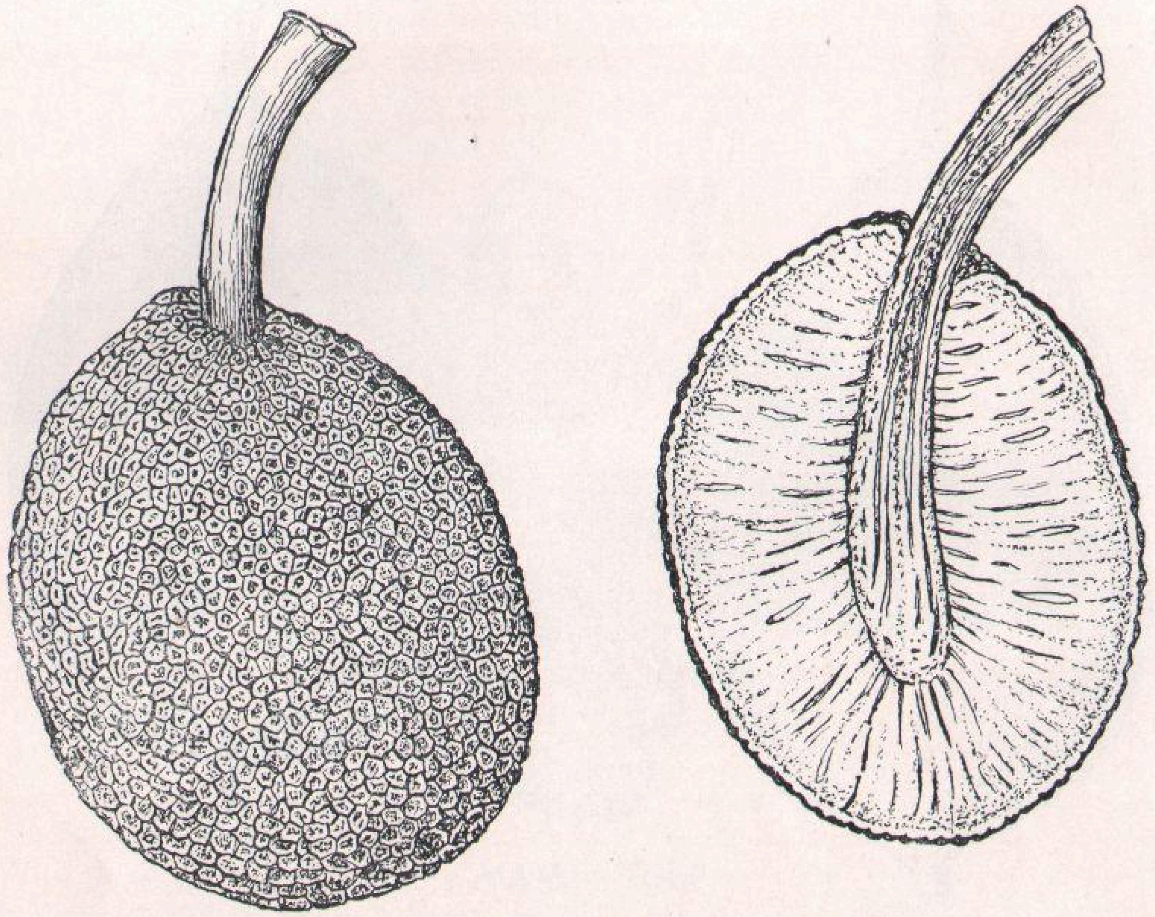


SWEET POTATO — "Kamote"

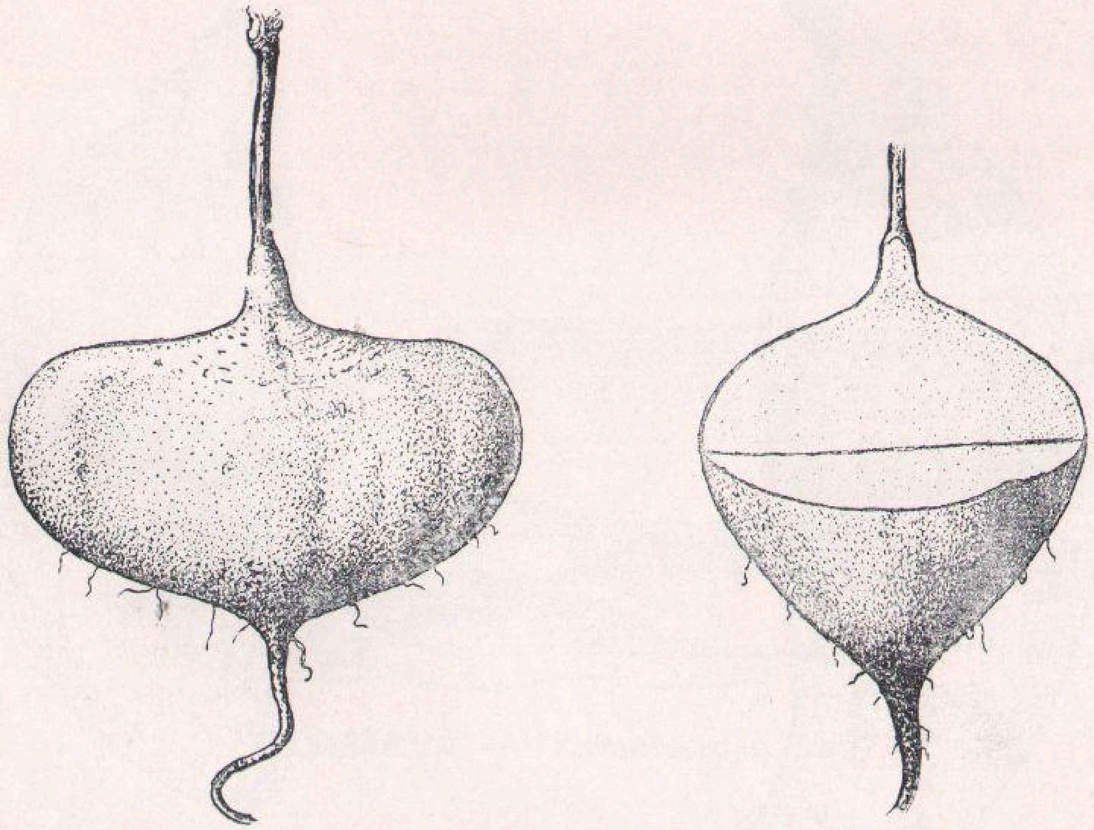


TARO — "Gabi"

X

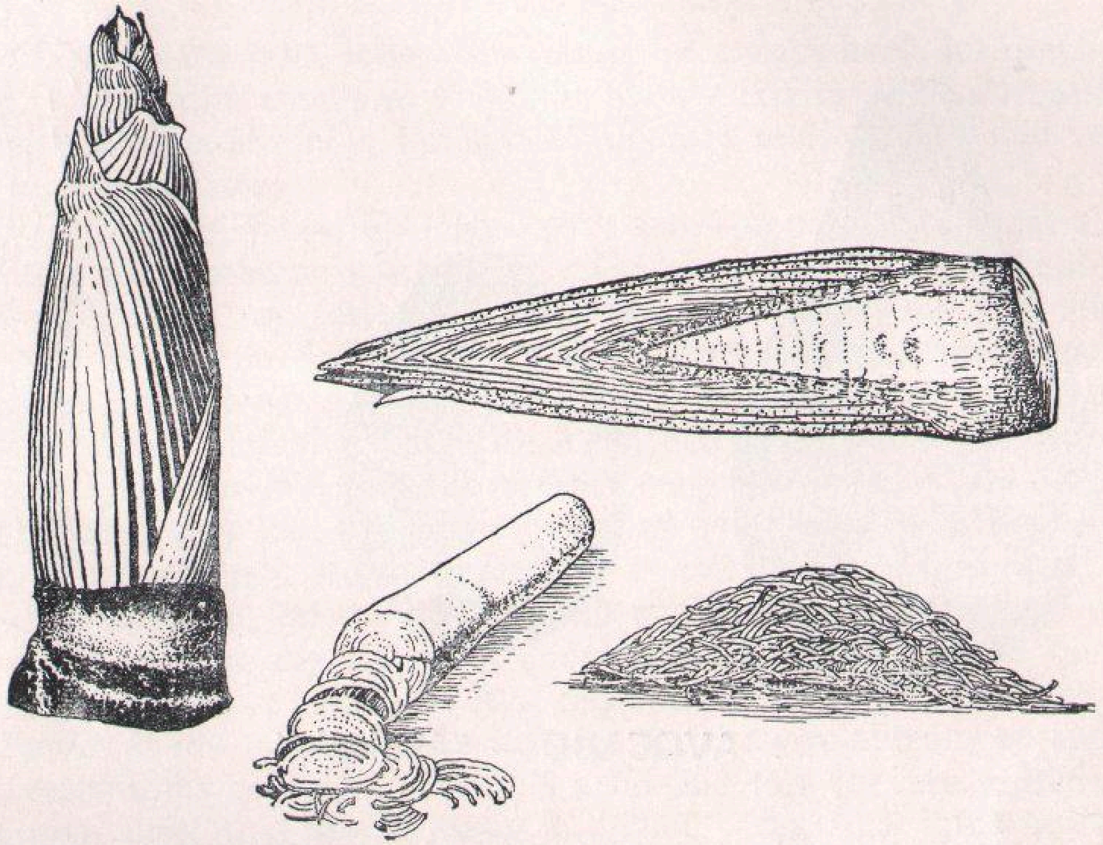


BREADFRUIT — "Rimas"

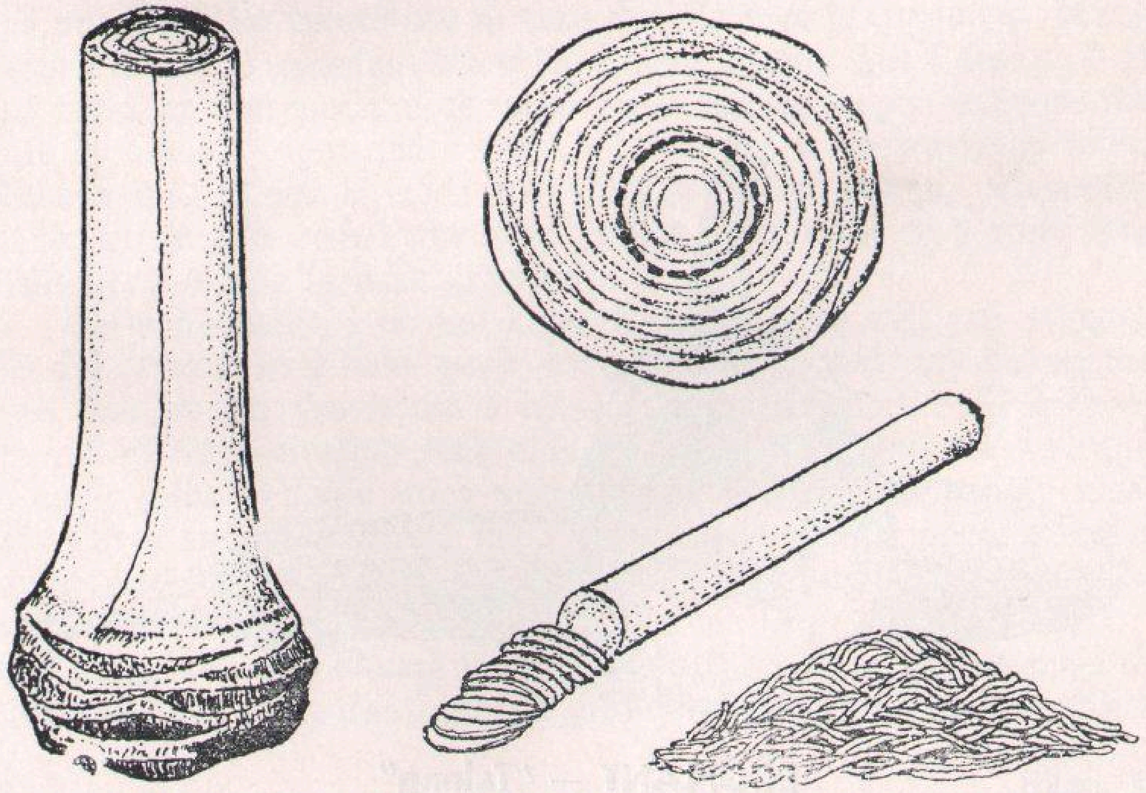


CHINESE TURNIP OR YAM BEAN — "Sinkamas"'

Y

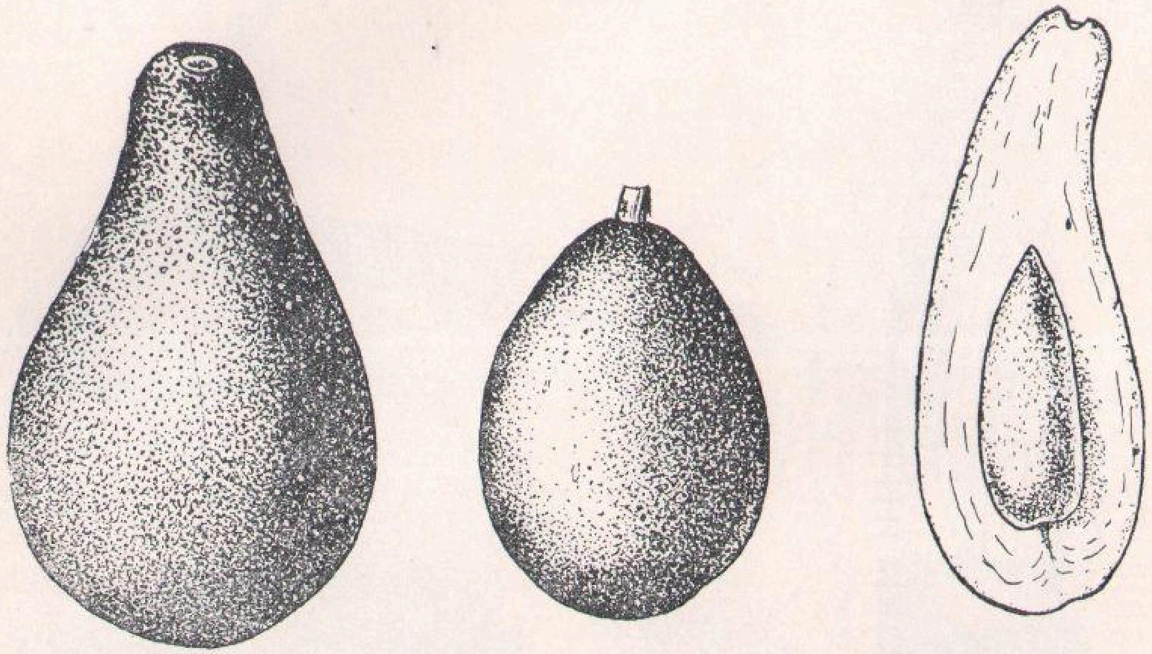


BAMBOO SHOOTS — "Labong"

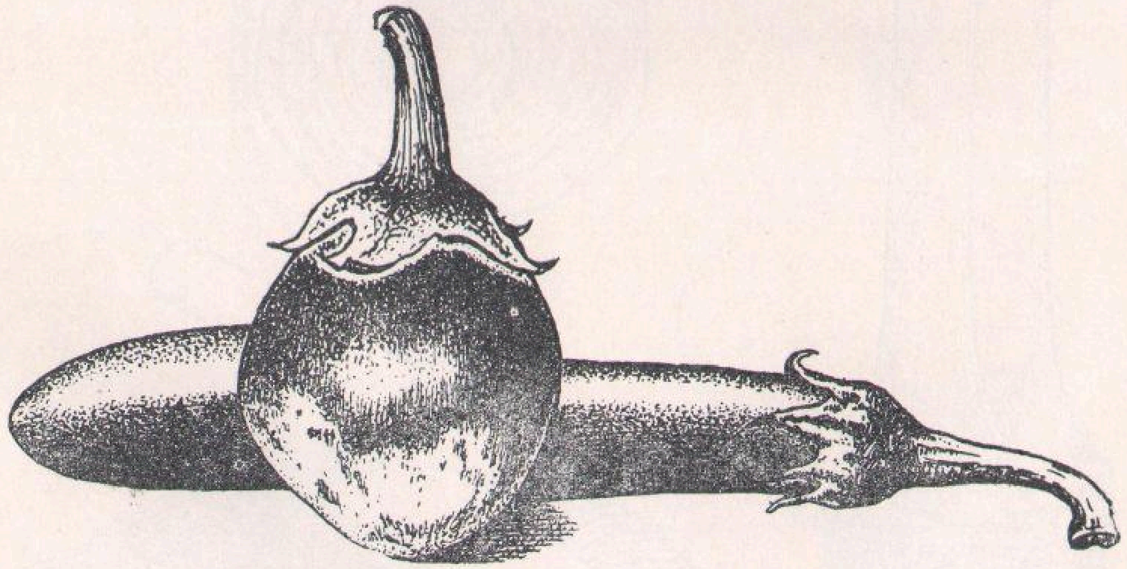


PALMETTO OR COCONUT HEART — "Ubod"

Z



AVOCADO — "Abokado"



EGGPLANT — "Talong"

excellent eaten fresh and you will find them very popular with the children but I like them as juice, jelly or jam, or made into an ice or sherbet.

To make the juice follow any recipe in a cook-hook for grape-juice. It is quite simple as it entails merely boiling the fruit until tender and then straining through a jelly bag and adding sugar to suit your own taste.

To make jelly use this juice in the same proportion to sugar as one uses when making grape jelly. The certo folder on the bottle tells you how to use certo when making a grape jelly and you can use that too if you don't object to using certo as some people do. After you have strained the fruit through a jelly bag, place the fruit in a sieve or a colander and with a wooden spoon press the pulp through and from this you can make a very nice jam. This fruit pulp is also excellent used as topping on ice cream, in trifles, in pies, as cake filling, etc. but naturally it must be sweetened first.

When making juice I like to wash my fruit and put them in a large pan without any water. I use a cast aluminum pan for this to prevent scorching before the fruit heats and draws moisture. I put the burner at low and cover the fruit for about ten minutes or so and then remove the cover, stir the fruit a bit and turn the fire to high. In a very short time it will come to a boil. The fruit turns quite red while boiling but soon changes back to a deep purple. I strain this well and then bring it to a boil and pour it into sterilized jars and put away for future use to take the place of grape juice. Many people prefer to sweeten this juice before storing but I feel that it just takes up that much more space when storing as you increase the bulk by adding sugar and I might want to use it unsweetened later. When a fruit punch is made with this juice and lemon, calamansi, or dayap juice is added, the deep purple color turns to a more reddish-purple which is most attractive.

Quite honestly, I do not know if duhat juice will jell without the aid of certo as I have never tried making it that way but as the fruit does pucker the mouth a bit, I feel that it should jell without the aid of certo or other such aids. I have found that the addition of apple juice to duhat juice when making jelly makes a very pleasant flavor and adding some good sherry wine or port makes a really fancy jelly that serves as a nice gift or for serving at special occasions.

You will find duhats in all the fruit sections of the markets now and they are piled high on great woven trays usually with a bottle of the course salt at hand for the children who buy them and eat them on the way home from the market. The salt keeps the fruit from puckering the mouth too much but it also insures that the lips and tongue will be stained a nice bright purple

When you first try eating the duhat, be sure not to bit into the seed as they are quite bitter. The seed is not hard like a cherry seed so it wouldn't be too difficult to bite into one by accident.

Pineapples

The markets are full of pineapples right now and you will find that there are two varieties available. The "piña Tagalog" or native pineapple which is smaller than the Hawaiian pineapple, and the Hawaiian pineapple. The local fruit is sold with the top removed and is, as a rule, smaller in size and generally yellower (or even slightly orange) in color. The local pineapple is sweeter if well ripened but sometimes has a slight tendency to cause the mouth to itch. All pineapples do this but the local fruit does it even more so. This is easily overcome though if you sprinkle the fruit with a little bit of salt after peeling and before slicing. The salt also improves the flavor a bit. The native pineapple is cheaper than the Hawaiian fruit and usually sells at about 1/4 of the price so I recommend it for juice, ices, cooking, etc. The Hawiian fruit is better for freezing and for serving in salads, fruit salads, and as sliced fruit at breakfast or other meals.

I make a very cooling pleasant drink by putting two or three large slices of pineapple in the blendor, three or four sprigs of mint, two rounded Tbs. of sugar and then fill the blendor with crushed ice and let it run for a few seconds. I then have three full glasses of frozen pineapple drink (call it "frosted", if you prefer) which is cooling and pleasant. I serve it with a long straw and a long iced-tea spoon. The straw to drink the liquid at the bottom as it melts and the spoon to eat the frosted unmelted bit at the top. It is extremely popular with everyone that has ever tried it. The mint gives it that extra cooling taste and adds something which I can't just describe. It takes no time at all to fix and now while the pineapples are in season, I always have some sliced in the refrigerator as the children like it for a between meal snack and it is there for making into drinks and mixing into cole-slaw, fruit salads, etc.

In about a week from now the pineapple should be just about as cheap as they are going to be. It is hard to know this year as we have had such peculiar off-season rains. Anyway, if you plan on freezing pineapples do it now and you'll be glad that you have them on hand all through the year.

If you plan on making jam from pineapple this year try making a number of variations to add interest to the jam. I have made combinations that are very nice and simple enough to do. Make a big pot of pineapple jam and then make three or four smaller pots of other types and combine them and bottle. I have found that pineapple and ginger is one of the most interesting of them all. Pineapple and papaya, pineapple and lemon, pineapple and orange ,pineapple and mango, pineapple with watermelon rind, are all very delicious but be sure and make some that is just plain pineapple too.

Another way to use pineapples now for future consumption is to make a good pineapple chutney and here is an excellent recipe for making the chutney. Cut three lbs. of pineapple into small pieces and add 1 1/2 pints of vinegar (use the locally made pineapple vinegar for this) and a Tbs. of salt and cook this slowly until the fruit is tender. Now add 1/4 to 1/2 cup finely chopped red peppers (depending on how hot you like your chutney—this is a hot chutney), 3 medium sized bulbs of garlic chopped fine, 2 Tbs. finely chopped fresh gingerroot, 3 1/2 cups brown sugar, 1 1/2 lbs. seedless raisins, and 1/2 lb. of chopped blanched almonds, cashews or pili nuts. Boil this until it is as thick as you want it to be and pour into hot sterile jars. Serve this with curries and also with hamburgers, porks roats, baked ham, etc.

Spiced pineapple is excellent too and here is an easy way to make that. Boil together 7 lbs. brown sugar, 7 pts. vinegar, 1 Tbs. whole cloves, 1 Tbs. whole pepper-corns, and 1 Tbs. stick cinnamon. Boil for ten minutes and then add 14 lbs. of chopped pineapple and boil until tender. Remove the fruit and place in sterile jars and then let the syrup boil for 10 to 15 minutes longer to let it thicken a bit, pour it over the fruit and cap.

I mentioned last week, various jams made with pineapple but here is one that is really tropical and should be tried. Chop pineapple in small pieces and for every cup of pineapple add 1/2 cup grated coconut. Put it on the stove and boil gently for 1 hour. Now remeasure and for every cup of fruit add 1 cup sugar and reboil for another hour. Pour into sterilized jars and seal. Now that is just about as simple and easy a jam as anyone could dream up and it is most excellent too. 3 cups of pineapple and 1 1/2 cups of coconut make about 1 Qt. of jam.

A really nice way to serve pineapple slices is to place them on a dish with the slices overlapping and forming a circle. Then garnish them with powdered sugar and place the pineapple top in the center for color and an interesting note. It is so dressy this way. For extra color spear marachino cherries onto each leaf end.

You can make a nice pineapple ice with a blendor by combining about 2 cups of chopped pineapple with some juice (about 4 Tbs.), 1 1/2 cups of sugar and crushed ice (about 1 ice-cube tray from the refrigerator) and let it blend for a few seconds. A hint on this though—put your crushed or finely chopped pineapple in an ice tray and semi freeze it before you put it into the blendor as this prevents it from being too liquid. Again this can be improved by adding a bit of mint with the pineapple and if you don't want to add it to the mixture you can garnish it with the mint for color and variety.

Here is another luscious dessert made with pineapple that is easy to make and certainly just as easy to eat and very delicious. Cut 1 1/2 cup of marshmallows into small pieces with a wet scissors and pour 1/2 cup fresh or canned pineapple juice over them and let them stand. Then cut 8 slices of pineapple into small pieces (bite size). Then just before serving combine the chopped pineapple with the marshmallow mixture and fold in 1 cup of whipped cream (measured before whipping). Serve this in tall dessert cups and garnish with mint or green maraschino cheries.

Thank goodness pineapples stay in season as long as they do. We don't get them often back home (except in cans) for a reasonable price, so take advantage of them while you can.

Here is a nice pineapple raisin sauce to serve with ham or pork: cook together to 234 or 235 degrees the following: 1/4 cup brown sugar, 1/2 Tbs. dry mustard, 2 Tbs. flour, 1/4 cup raisins, 1/4 cup vinegar, 2 cups very finely chopped pineapple, and 1 cup water. Simple and easy! If you have a blendor put the fresh pineapple in the blendor instead of chopping.

Another way to make spiced pineapple is to boil 2 cups vinegar, 2 cups water, and 1 1/2 cups sugar until they form a syrup. Then add 1/2 tsp. nutmeg, 2 tsp. allspice, and 2 tsp. ground cloves and bring to a boil again. Now add 2 lbs. of fresh pineapple chunks and boil for 30 minutes. This makes an excellent relish to serve with ANY meat or even fish dish.

We have all eaten grated carrot salad with the usual nuts added but a very nice variation of carrot salad is one fixed with pineapple in it. Here is how I fix it: dissolve a package of lemon or lime jello with 1 cup of hot water and add one cup of cooked pineapple syrup (fresh pineapple juice prevents jelling). Chill this until it is thickened and then fold in 1 cup each of grated raw carrots and 1 cup finely chopped pineapple (brought to a boil first). Chill until firm and serve on a bed of lettuce leaves and serve with mayonnaise. This should serve about 6 people.

Cole slaw is excellent with chopped apples but it is even better with chopped pineapple and a bit of red and green pepper for extra color. I like pineapple in coleslaw better than any other mixture. It is so much better and makes the difference between an ordinary run-of-the-mill salad and a really good one. Another excellent combination is made with cheese as well. Combine 1 cup well chilled chopped pineapple with 1-1/2 cup shredded cabbage. Then blend together 1/2 cup French dressing, 1/2 tsp. celery seed, 1/2 tsp. grated onion and pour this over the pineapple and cabbage mixture and grate cheddar cheese over the top. Don't be stingy with the cheese either.

For a really dressy and most delicious dessert try rum-pineapple and then sit back and let your head swell as the compliments pour in! Remove the top from a pineapple and then remove the fruit and cut into sticks (removing the core). Then roll the sticks in sugar until they are thickly coated and replace them in the pineapple shell. Pour a good local rum into the pineapple and replace the top as a cover. Let this stand in the refrigerator to chill very very well before serving. This can be passed or if you use small pineapple then individual ones can be served to each person. This is most delicious but rather potent. If you use small individual fruit serve a straw with each so that they can drink the juice. It is good but potent.

A nice salad with a different dressing is also made with pineapple and it goes like this: arrange sliced bananas, cubed pineapple, and celery chopped in 3/4 inch slices on a bed of lettuce or water-cress (if you can get it) and top it with a tropical dressing made by mashing one banana with 4 tsp. of dayap juice. Then blend in 1/4 tsp. of sugar, 1/8 tsp. salt, and 3 ounces cream cheese (if you can get it—if not use a mild Swiss cheese). Blend this well and chill before placing on top of your salad.

——o——

Old shaving brushes make excellent brushes for cleaning delicate articles and are especially useful for dusting pleated silk lampshades.

Cooling Desserts

This being the hot season and the fruit season too, the best foods are those that help keep us cool, that look cool, and are cool, so here are a few that I hope you'll find easy to fix, reasonable in price, and make the hot season a bit easier to bear.

I have been told that this sherbet or ice cream is smilar to one called Hawaiian Freeze but I wouldn't swear by that name. It is pleasant and cooling and worth trying. Take 1 1/2 cups of boiling water and pour it over 2 grated coconuts, let stand for 15 to 20 miniutes until cool enough to handle then strain it through two or three thicknesses of cheesecloth. Squeeze it well and you will get about 1¼ cups of milk. If you use a potato ricer and can get more milk out add only about 1¼ cups boiling water to start with or even less. Add to this about 7/8 cup of the coconut water (the clear water from inside the nut when you crack it open), 1/2 tsp. vanilla extract, and 1 cup and 2 Tbs. of sugar. Stir this until the sugar is dissolved and then freeze in your ice-cream freezer (I hope you have one). Serve this with grated coconut sprinkled over the top. If you must freeze this in the refrigerator then add 1 Tbs. of gelatin to 1/4 cup water and dissolve over heat. Freeze in trays until solid and then beat. If it is still not stiff enough or fluffy enough add a beaten egg white and then refreeze for several hours before serving.

Here is another really smooth sherbet that should be tried now while mangoes are so cheap and so nice. This sherbet is very smooth and nothing more need be added to it to make it smoother as it is perfect as it is. Cook 2 cups of finely chopped mango until soft and then strain it though a sieve and add 2 Tbs. lemon or dayap juice and add sugar to taste. The amount of sugar depends on how sweet the mangoes are but it usually takes about 1/4 cup. Put this into your ice-cream freezer and freeze but let it stand about two hours to ripen. Ice cream is always best left for that long anyway in the freezer to ripen.

A good mango mousse is easy too. Here is how it goes: take two or three half ripe green mangoes and peel and chop. Cook this slowly over a very low heat until tender and then mash well. Measure out 3/4 cup of this. Dissolve 12 marshmallows in 1/3 cup water by heating very slowly. Now add 3/4 cup sugar and allow this to cool. Then add the 3/4 cup mango mash and allow the whole thing to jell or congeal. Whip 1 cup of whipping cream and mix well with the marshmallow-mango mixture. Freeze and serve. This will bring you more, compliments than you know what to do with and you'll find yourself serving it very often even when there is no company.

Banana sherbet is easy enough too but I recommend only the large green bananas for this. They are called "bungulan" locally. Boil 1 cup sugar and 1 1/2 cups water together for 20 minutes. While this is boiling soak 1 Tbs. gelatin in 1/2 cup cold water. Then add the gelatine to the syrup and stir until dissolved. Strain this and then cool. When cool add 1 cup of finely mashed or well beaten banana pulp combined with 3 Tbs. lemon or dayap juice for flavor and to prevent discoloring. Freeze.

Papaya ice cream can be made in a hurry-up way by merely taking a good grade of vanilla ice cream and adding **cold** mashed papaya to it and mixing it very well and refreezing it. Don't let it get too soft while mixing. You can add as much or as little papaya as your taste decides and you may find that a bit of calamansi or lemon juice improves the flavor though many people prefer just the plain papaya.

I've mentioned soursop (locally called Guiabano) before and here are two more ways of using it that should suit everyone. Mix 2 cups of strained soursop juice with 1/2 cup water, 1 cup sugar, and the juice of one dayap or 1 lemon. Put this into an old fashioned ice cream freezer (or an electric one) and freeze. Just before it gets hard, put in two well-beaten egg whites and then continue beating until solid. Let this ripen for an hour or more and serve. After serving this once you'll be considered the most original and clever hostess in town and everyone will ask you questions on how you made it and want all the details.

That takes care of the sherbet made from soursop now here is an ice cream recipte that is just as good: mix well, two well beaten egg yolks with 1 cup of sugar, then add 2 cups of warmed milk (1/2 water and 1/2 evaporated milk) and allow to cool. Then add 2 cups of cream (I use the new brand of evaporated milk "Foremost" for this) and the strained juice from one large soursop. Now freeze this mixture in your ice cream freezer and when it is about half frozen add 2 well-beaten egg whites to the mixture.

Here is a mango ice cream recipe that is pretty hard to make a mistake on: Take 6 large mangoes and peel and cut the flesh from the seeds. Mash the fruit well with a silver or plated fork. While you are doing this boil together for 15 minutes, 1 1/2 cups sugar with 2 cups water. Add the well-mashed mangoes then cool and freeze. When it is half frozen, add 2 cups of heavy cream that has been whipped. Again I use the Foremost milk for this. I chill it well in the freezer compartment and then whip it until it is stiff. This can also be done with other brands of evaporated milk but the Foremost seems to taste better and is thicker.

A different taste in ice cream and one that I like very much is made with guavas (I just hope you like them as well as I do). Take a number of unpeeled guavas and quarter them. Add just enough water to prevent scorching and cook them slowly over a low fire until they are tender and then mash them and strain through a fine sieve to remove the seeds. Add this (when cool) to a good vanilla ice cream and mix well. Allow this to refreeze and then serve. You can't buy guava ice cream out here for some reason and this is an easy way to make it.

Another dessert (not ice cream for a change) is an orange-banana cream combination (don't ask me for a name as I wouldn't know what to call it.) Peel 6 of the large green-skinned bananas and mash with a silver fork in a glass bowl and then add slowly the juice of about 6 oranges (about 2 cups) and then add 1/4 cup of cream. If you like you can add red, orange, or yellow coloring to this to make it look more interesting. Chill well and serve it as is or over hot gingerbread.

Bean Sprouts

Bean sprouts are made from the mongo bean and are called "Togue" locally. That spelling is a bit misleading so if you ask for bean sprouts then pronounce it "towghee." They are known all over the orient and eaten in various ways but usually in conjunction with other foods. Here they are prepared with shrimps, pork, tomato, and onions as a vegetable-meat dish and very good too, but I prefer the Chinese method of cooking them with soy sauce, or as a salad. You can buy mango sprouts in the markets in two or three stages of growth. For salads I prefer the ones with the longer sprouts but not yet at the stage where the first leaves are showing. Many people do prefer them through with the leaves already showing. You can make your own sprouts if you prefer. Buy the green mongo means and spread out on a sack and cover with one more sack and then sprinkle them with water and keep them damp but not wet. You can then remove them at any stage you prefer. Another way to make them is to place them in a shallow dish spreading them so that they are not crowded together and then cover them with a flannel cloth and water them until they are dampened. Keep them damp until they are ready to eat. You can clean them fairly easily by washing them in running water and the loose pods float to the top and can be removed but a few always have to be picked but by hand which takes a bit of time so for this reason I prefer buying them at the market as they are already cleaned.

The Chinese prepare bean sprouts in a number of ways and here is one that I like very much and I'm sure you will too. Wash four cups bean sprouts and shake dry in a clean cloth or colander. Put 2 Tbs. butter in a pan and add 1 cup thinly sliced pork meat (all lean) and cook until brown stirring all the time. You can use ½ lb. of bacon cut in strips instead of pork meat but you have to pour off most of the fat. Then add ¼ cup soy sauce, 1 finely chopped clove of garlic, ½ tsp. salt, and 1 tsp. grated or crushed ginger root. Simmer this for about 3 or 4 minutes then turn up the fire and add the bean sprouts and keep turning them over. Let this stay on the stove about 4 to 5 minutes and serve immediately. You can omit the meat if you like and fry a bit of onion in the fat first for extra flavor. Another way to make the sprouts is to fry two slices of diced bacon in a pan until brown, add chopped onion, a bit of garlic if you like, and then add one or two chopped tomatoes and simmer until the tomato is mushy. Now add about 2 cups bean sprouts and turn and cook until the sprouts are well wilted—about 5 minutes, and serve. A bit of curry powder added to the above makes a nice variation and then you can add a bit of coconut cream to the mixture just before serving and it makes a most unusual vegetable dish. Never overcook bean sprouts and try the ones that are very short (newly sprouted) for dishes that are cooked. If they are overcooked they lose their nice crispness and that is one of their main attractions.

Bean sprouts are extremely nutritious so really should be used more often. They have a high protein content like all beans.

Mongo sprouts make some interesting salad mixtures too and are very nice mixed into a tossed green salad. Blanch the sprouts first before using them in salad though some people like to use them fresh and unblanched. They are good alone and with a nice dressing made by mixing chili sauce with mayonnaise or with a creamy French dressing or a Thousand Island dressing. The Chinese make a lovely salad with the sprouts by mixing 1 cup of the blanched sprouts with 1/2 cup diced celery, 4 sliced red radishes, 1 thinly sliced cucumber, and 1 sliced pepper (small) or 1/2 green pepper if it is big. Over this they pour a dressing made by mixing together 4 Tbs. of olive oil, 2 Tbs. of vinegar or lemon juice, 2 Tbs. of soy sauce, 2 Tbs. sugar, a pinch of dry mustard and paprika to taste. This is all mixed together and well shaken in a bottle and then poured over the salad. This dressing by the way is excellent on other salads and especially on the cooked and raw vegetables mixtures. Bean sprouts make an excellent salad mixed with sea foods too and especially with crab meat but then you should use a mayonnaise dressing. Mrs. Walker told me that peanut sprouts were excellent too so I sprouted some and used them in a salad. They were extremely good and although I haven't tried them myself in any hot dishes they should be as good or better than mongo sprouts. However, one cannot buy these so you have to make them yourself.

Different Ways with Rice and Potatoes

Potatoes and Rice can be varied with a bit of imagination and not too much effort. Here is a nice way to make curried potatoes and if you use sweet potatoes it is excellent too. Take two cups of cold boiled potato cubes. Cook 3 or 4 Tbs. of chopped onion in 6 Tbs. of butter until the onions are soft, add the potatoes and cook until all the butter is absorbed, then add 1/2 cup of clear chicken broth or bouillon, 1 1/2 tsp. curry powder, 1 tsp. lemon juice or dayap juice, and salt and pepper to taste. Cook this slowly until all the broth has been absorbed.

Have you ever tried frying sweet potatoes this way? Wash and peel sweet potatoes and slice. Boil in salted water until only partially cooked. Drain. Roll in flour and dip in slightly beaten egg and fry in bacon fat or cooking oil flavored with a bit of butter until a golden brown color. Drain on a paper towel and salt and sprinkle with a bit of paprika.

A lovely dish to serve with baked ham or a pork roast is made with the dark yellow sweet potatoes. Cook sweet potatoes and then mash and add a bit of milk, butter, salt, and pepper. Coat single marshmallows well with this mixture, roll smooth into nice round balls, coat with flour, dip in beaten egg, roll in bread crumbs. Allow this to chill well and then just before serving, fry in a French fryer in deep oil and serve this around your roast. They are not only lovely to look at but even better to eat.

Here is a sweet potato dressing that is good with chicken or stuffed pork. Take 4 cups of mashed cooked sweet potatoes(the yellow ones) and add while still hot; 3 Tbs. butter, 2 beaten eggs, 2 cups crumbs, 1/4 cup evaporated milk, 1/3 cup chopped onion, 1/2 cup chopped celery, 1 Tbs. chopped parsley, 1/2 cup chopped cashew nuts, and salt and paprika to taste. Simple, isn't it!

Having guests and want something different, tasty, and unusual? Try this and see if everyone doesn't want your recipe afterwards. This is a rice almond loaf that can be used as a main dish if you like or served with a meat course. If used alone serve it with a cheese sauce and it has all the proteins you'll need. Combine 1 cup cooked rice, 1 cup finely chopped almonds, 1 cup cracker crumbs, 1 cup milk, 1 beaten egg, 2 tsp. salt, ½ tsp. pepper and a bit of paprika. Mix well and put in a greased baking dish. Top with two Tbs. of melted butter and bake for 1 hour at 350°F.

Most people think of stuffing as being made with bread or bread crumbs or else with wild rice. I just told you of one made with sweet potatoes and here is one made with ordinary rice. Combine the following ingredients in the order given: 4 cups of cooked rice, 1 cup bread crumbs, 1 cup chopped celery, 1/2 cup chopped onion, 1 tsp. salt, ¼ tsp. pepper, ½ tsp. sage, 1 cup evaporated milk, 1/2 cup coarsely chopped cashew nuts, 1/2 cup sliced water chestnuts, and 3 Tbs. melted butter or bacon drippings. If you like a moist dressing increase the milk or add an egg and if you like a slightly sweet dressing add ½ cup finely chopped preserved ginger or crushed pineapple. This makes it nicer, I think. If you want the dressing for duck put chopped orange into the dressing.

For a dressy potato casserole something like scalloped potatoes try this: into a greased casserole dish put 4 cups of sliced potatoes mixed with 1/4 cup chopped onions seasoned to taste. Dilute one can of cream mushroom soup with 1 cup milk and pour this over the potatoes, dot with cheese and bake at 350°F. for one hour.

——o——

Banana boats are extremely attractive and useful. Make them by cutting away about 1/3 of the skin from the inner curve and scoop out and remove the fruit. Be sure not to damage the ends. Fill with fruit salad, chicken salad, etc. Or use them for serving salad dressing—for this purpose add a seat or two (made of tongue depressors) to hold sides apart. For an added touch place toothpicks along the sides to resemble oars.

Fruit Desserts

Guavas are coming back into season again and though I've mentioned them a few times before here is another way to fix them that I'm sure will be well liked if you like guavas and it is easy to fix. Take about 1 quart guavas and cut in halves or quarters, scoop out the seed section and center pulp. Add to this about 1 cup of sugar and 2 cups of water. Bring to the boiling point or until the pulp is soft. Strain this through a fine sieve and pour it over the guavas and return to the stove and boil until the guavas are tender. Be careful not to stir this too hard or the flesh breaks. Remove from fire and then add the juice of one lemon or one lime (dayap) and chill this in the refrigerator. When ready to serve top with coconut cream. Remember that coconut cream is the juice expressed from grated coconut with no water added. Don't chill the cream or it will harden. This dish is also good served warm on top of leftover sponge cake or lady fingers.

Try serving sweetened coconut cream as a topping on any good vanilla ice cream. It is different and certainly tastes wonderful. You can also mix the cream right into the ice cream and then let it reharden in the freezing trays of the refrigerator.

For a hot dessert that is quick and easy to make and nice when you are going to be using the oven anyway, take bananas that are nice and ripe and peel them and roll in grated coconut and place in a well greased shallow baking dish and put them into a moderately hot oven (about 400 F) and bake for about 20 minutes or until the coconut browns and the bananas are tender. Serve this with lemon sauce or other fruit sauce or sweetened coconut cream. There is no sugar on the bananas so a sweet sauce must be served and even the canned chocolate syrup makes a nice sauce with this dessert.

A nice dayap (native lime) ice is so refreshing in hot weather and to make a dessert that is really different serve it in avocado halves. They are in season now and the combination is excellent. Soak 1/2 Tbs. of plain gelatin in 2 Tbs. of water for 5 minutes. Make a syrup by boiling 1 1/2 cups sugar with 1 1/2 cups (minus the 2 Tbs. for the gelatin) of water, add a pinch of salt and the softened gelatin. Stir well and allow this to cool. Add 1/2 cup of lime (dayap) juice and freeze in refrigerator tray or freezer. When it is partly frozen and mushy, beat to a froth and refreeze. When it is frozen beat one egg white until stiff and then rebeat the lime mixture, fold in the egg white and add the finely grated skin from one lime and just a wee bit of green coloring to make the ice a pale green. Freeze. Chill avocados and when ready to serve, halve and fill the cavities with the lime ice and top with a sprig of mint.

Here is a papaya pie made every much like pumpkin pie which should be popular even with those that don't like pumpkin pie. Melt 1 Tbs. butter and add to 2 cups of strained cooked ripe papaya, 2 beaten egg yolks, 1/4 cup sugar, 1 tsp. each of salt, ginger, and cinnamon, 1/4 tsp. nutmeg, and 2 Tbs. of dayap juice or lemon juice. Mix this well and pour it into a semi-baked pie shell and bake for about 45 minutes or until it is firm, in a moderate oven (325°F). You can use the local yellow squash for this recipe too but cut the lemon juice down to about one-half.

For a Children's Party

Using local foods one can really set a lovely table with all sorts of good things to eat for the children and watch them exclaim at how pretty it all is and see if they don't think their mothers are the cleverest of all. A child's party should have light food that is colorful and pretty and not too sweet so here are some ideas that you can try out and see if they aren't as good to eat as they are attractive.

I've mentioned cold drinks before and any of them can be used for a cold punch to quench their thirsts but if you add ginger ale to guava juice you have a really nice drink but any of the other fruit like calamansi, papaya, duhat, pineapple, etc. can be used alone or in combination.

For a salad, take one slice of canned or fresh pineapple and put it on a plate with a lettuce leaf under it. Take one large banana and cut off about ½ of it crosswise. Then take the other half and cut it in quarters lengthwise. Roll all these pieces of banana in freshly grated coconut. Using the large piece first, place it at the top of the pineapple slice as a head and then using the four thin strips, place them around the slice as arms and legs. Now with quartered raisins make a face on the head and place a red maraschino cherry in the center of the pineapple. They will love the little man and eat it with relish.

Another very nice idea if you have a wee bit of time to spend is very popular with the children. Take whole ripe peeled bananas and insert thin bamboo sticks (lollipop size) into the fruit lengthwise. Now take semi-sweet dot chocolate (when you can buy it) and warm it slowly over warm water and then stir it until melted and cool to wrist temperature. Dip the bananas on sticks into this chocolate and then let them harden on waxed paper. They are clean to eat as the child does have the stick to hold them with (I can't guarantee that they will hold them by the stick) and they are not too sweet nor heavy and most children love them this way. There is one drawback though and that is that having tasted them this way once, they will ask for chocolate-coated bananas often.

There is bound to be some left-over chocolate in your pan after dipping the bananas so add frestly grated coconut to this and shape into small balls. If you can get colored or plastic toothpicks, insert one into each ball and let these cool and harden on wax paper. These too are very popular with the kiddies. If you want to make this in larger amounts the proportions are one grated coconut to each package of dot chocolate. Those have to be eaten soon and not kept for any length of time as the coconut will turn rancid. If you use dessicated coconut it will last much longer but won't taste nearly as nice. You needn't worry though as you won't have to keep them long because the children will make short work of them and most probably with your help.

Another thing that I used to make for the children but had forgotten about, which they simply love is to take the dot chocolate and melt it and use it as a coating on the local candy called **ampao.** There are two or three kinds of ampao but the one that I like is the one made of the crisp pinipig (the same as used by the Magnolia people on their pinipig crunch). It is a bar of sugar coated puffed rice which is more like rice crispies than the soft puffed rice. You can make this yourself with rice crispies but it is much easier to buy it ready-made and then coat them. If you want to make them especially nice, chop toasted cashew nuts fairly fine and add them to the chocolate before you start dipping. Cool these and let them harden on waxed paper. A note of warning: never overheat the chocolate and do keep stirring all the time that you are melting or else you will have streaked candy.

———o———

When making jam of fruit that scorches much too easily and that has to be constantly stirred over a long period of time; first cook the fruit in an open pan until it boils and then add sugar and any other ingredients required and then pour into baking dish and bake until it is of the right consistency. One has to stir only occasionally this way.

"Bilimbing" or Star Fruit and Macopa

There is one fruit out here that is known by so few foreigners that it really is a shame as it is most excellent and most decorative as well. They are available now in the markets and their season lasts for 6 months so take advantage of them while they are in season. They are about three inches long and in the shape of five-pointed stars. When ripe they have a sort of transparent golden glow about them with brown tips along the points of the star. The ones that are not quite ripe are a pale apple green and again have that transparent appearance. At present I am paying 5 centavos for 6 or 7 of them and that certainly is reasonable. Before the war they were not found in the markets at all because people usually gave them away.

To prepare them for eating, cut off both ends and then with a small paring knife remove the tips from each point. This is quite easy as you just run a sharp knife down the points removing as little as possible. This tip edge is usually quite tart and sometimes a bit bitter so it is better to remove it. The fruit then can be eaten just as it is or it can be sliced and used in tossed salads and fruit salads. I recommend the yellow ripe ones for fruit salads. They are very sweet and have a pleasant taste about them and are very juicy. The ones that have not yet turned yellow but are almost ripe are slightly tart and look wonderful and taste just as good in a vegetable salad. Their main attraction, however, is their shape. When sliced like cucumbers they look like so many stars on the dish and mixed into a salad give it such a dressy look as well as improving the flavor considerably. The bilimbing can be used in salads in the same way that cucumbers are used and even when they are ripe and sweet they are not too sweet to add to a salad.I like a bit of sweet fruit in a salad anyway and these are not too sweet to offend anyone who objects to sweet and tart combinations.

I use the fruit to add to school lunches too and they are well liked and very refreshing. They have a small section in the center with a few seeds but these are not offensive at all and are soft like a cucumber seed so are eaten right along with the fruit. The children will really go for the bilimbing so do get a few and try them both in salad and as a fruit and I'm sure you will continue to use them as long as they are available.

I have mentioned Bilimbing in a previous article but I would like to add to that now. Bilimbing besides being very delicious is also very easy to tint with food coloring so that when one is making a fruit salad when watermelons are not in season and you want the added color then tinted bilimbings are the answer to your problem. It is very simple to tint them by merely making a fairly strong solution of food coloring diluted with water and placing the slices of bilimbing in it for a short time and then mixing the slices with your fruit salad. I have done the same thing with pineapple and with the pale green melon that is sometimes available. You can use green or red for this and make such a colorful salad. I like to use some of each color with the bilimbing because the star-shaped slices stand out so beautifully in a fruit salad that when they are both green and red it makes for such a lovely appearance in color contrast and their unusual shape is sure to bring comments and when they are eaten and the lovely flavor enjoyed as well, you are bound to be asked many questions and considered a most imaginative hostess. I use bilimbing in both fruit and vegetable salads and I find that the thick creamy type of French dressing is best for them when used in a vegetable salad. Recently I served a very simple salad of slivers of green sweet peppers, sliced cucumbers, and slices of bilimbing with the thick creamy French dressing and had more compliments than I could cope with. I was thoroughly embarrassed before people had finished eating their salad.

Recently I had to be away from home at noon time and I left what I thought to be, very implicit instructions on what to fix for the children's lunch. Among other things, I asked them to slice some bilimbing and put them on the plate along with the carrot sticks. Somewhere along the way crosswise turned to lengthwise and so the children got diamond-shaped bilimbing sticks with the carrot sticks and the combination of colors turned out to be very attractive and the children thought it was an excellent idea so now I fix them that way too when I serve carrot sticks to them at noon because it not only is a stick that they can eat with their fingers (a popular idea with children) but the color contrast makes it that much more attractive.

Bilimbing are available from about July to December so that they are available about half the year. Most people, even those that have lived out here for years, have never heard about them but they are plentiful, so ask for them.

The macopa is that lovely bright pink fruit that one sees being used as decoratiton at this time of the year. Most people use it in

flower vases rather than on the table and actually they probably are more useful that way than as a fruit. They are a rather tasteless watery fruit but always have a pleasant coolness about them and the children love them. I use them only to add to fruit and vegetable salads for the color. To prepare them cut them in half and scoop out the seed and the dry pulp and then dice the fleshy juicy outer edge or slice it into strips and add to salads of all sorts especially fruit salads for the color. They are almost without any flavor at all but certainly do add such a wonderful color element that they are worth putting into salads. You can cut them into petals and use them for decorating a dish of ice cream too and a wedge of macopa with a sprig of mint stuck into a fruit cup or dish of ice cream or on the rim of a glass of lemonade adds a party touch to an ordinary dessert or drink.

Avocado

Avocados are back in season and are so reasonable now that I have been buying them every time I go to the market and my daughter eats them daily. She doesn't really need them either as they are about 20% fruit oil which isn't exactly slimming but she does love them and I let her have them anyway because they are nutritious otherwise. We like them best with a nice thick creamy tart French dressing (I use almost no oil for this) but there are many ways of serving them. A nice variation for company dinner is to make balls of avocado just as one would make melon balls. The green outer surface makes a nice color variation and mixed with either fruit or vegetable it is most attractive. Serving it in the half shell is the easiest and most commonly used form and there are some nice variations that can be used. Make a mixture of 1 cup diced celery, 1 cup crab meat, chopped shrimp, or canned red salmon, and ½ cup cocktail sauce and salt to taste and put this into the half shells with a sprinkling of paprika on the top. You can fill two halves with this mixture and see how cooling and lovely a salad this is. You can use tuna fish, oysters, sardines, or anchovies as variations too and you can use any suitable vegetable such as crisp sinkamas, half ripe mango, water chestnuts, diced apple, mongo sprouts, etc. to take the place of the celery. Tiny toasted croutons on the top make a nice change too. Salad making is more a question of imagination and trial than anything else and if you vary your dressing as well you have hundreds of possible variations.

The stuffed avocado is another nice way to serve salad. Peel 2 avocados then cut in half lengthwise and hollow out the stem ends slightly. Sprinkle the fruit inside and out with lemon juice and salt. Combine 3 3-ounce packages of cream cheese with a tsp. of minced onion and ½ tsp. of celery salt (a bit of garlic salt is good too). Blend this mixture well, fill the halves with it and press them together. Wrap in waxed paper and chill well. Cut into thick lengthwise slices and lay them on a bed of lettuce. Use about one filled oval to each serving and garnish with mayonnaise or a thick French dressing and a slice of pimento or a sprinkling of paprika for color. This filling can be varied too with minced capers, chopped celery, chopped bell peppers, chopped sweet pickles, chopped green or ripe olives, chopped spring onions, chopped shrimp, chopped cashew nuts or peanuts, chopped pimento, finely shredded pineapple, diced apple, chopped anchovies, currants, preserved ginger, banana slices, mashed canned salmon, diced clams or oysters, etc.

If you or your children like avocados eaten sweet with cream and sugar and as an ice cream here is a recipe for an avocado mousse that should be even more popular. Combine 1 cup of sieved avocado with 3 Tbs. of honey, 1/4 tsp. salt, and 1 tsp. lemon extract and combine well. Add this mixture in small portions to 2 well-beaten egg whites and beat well after each addition. Then beat 1 cup of whipping cream until stiff and fold the avocado mixture into the whipped cream blending thoroughly but lightly. Put into freezing trays in refrigerator and chill for 2 to 3 hours. This should serve from 4 to 6 people depending on their appetites. Most people like this so well that it only serves four. To vary this you can add just before freezing a half cup of finely cubed avocado, banana, pineapple, mango, or papaya. Or you can replace 1/2 cup sieved avocado with orange or lemon marmalade and then add 1/2 cup diced avocado just before freezing. It is good and worth trying.

I spent my early years in Guam where avocados were almost as common as coconuts. It seems that at one time a Navy governor passed a law requiring every land-owner to plant an avocado tree regardless of the size of his land and those that owned quite a bit had to plant many trees. The result was that they were very plentiful and in the season were so common that the natives fed them to the pigs. I understand that most of the trees did not survive the war and the shelling which is a shame as they did so well there and were exceptionally fine flavored. For this reason, we have always used avocados in great numbers when in season. It was a great disappointment to us when we first came to Manila and found that they were not raised commercially here yet. The few that were available in 1928 were imported from Guam for ₱1.50 to ₱2.00 each. Thank goodness they are plentiful now and so reasonable.

Most of you have made sandwich loaves and made an icing from cream cheese but have you ever tried mashing avocado and combining it with the cheese or just the mashed avocado with stiff mayonnaise makes a lovely icing too and it keeps the loaf a good deal moister and adds considerably to the flavor of the loaf and certainly the color is most attractive.

A nice cocktail before dinner can easly be made with avocado too by dicing 1 avocado with a silver knife (to prevent discoloring) and adding to it 1 cup ketchup, 1/3 to ½ tsp. salt, 6 to 8 drops of tabasco sauce (6 are plenty for me), 1 tsp. of Worcestershire sauce, 1 Tbs. of finely chopped chutney and a bit of diced pickle. Mix this all together lightly so as not to mash the avocado too much and serve in 6 to 8 cocktail glasses. It is sharp and very pleasant. To serve more people from this same recipe place about 8 small shelled cooked shrimp on the top of each cocktail. It makes a wonderful combination.

For a cocktail that fits into the fruit cocktail category you can use avocado very nicely combined with papaya. Add about 3 Tbs. of cream to ½ cup of catsup and let stand. Then just before serving pour it over a mixture of 3 cups of diced avocado combined with 1½ cups of diced ripe papaya. This is light and easy to make and very suitable before a big meal where sea food cocktails would be too heavy.

For salads using avocado I have found that generally speaking there are certain things that go especially well with avocados. Garlic is one of them. I like adding it to my dressing or using garlic salt when I want just a hint of it. You will find that it does certainly improve the flavor and if used in very small quantities won't be noticeable to those who dislike the flavor but it will improve the general flavor of the avocado. Another thing is to always try to use a very tart dressing or else combine the avocado with a tart fruit such as pineapple or grapefruit or the suha which is also in season now. Tart apples are good too but they are terribly expensive now. If you don't have nor want to use other fruit in combination with the avocados be sure to put lemon, dayap, or calamansi juice with the avocados. Plain salt and dayap juice is as good a dressing as any and placed in a half avocado it makes an excellent salad just like that, especially for those who really enjoy the flavor of a good **avocado.**

Avocados can be creamed, added to scrambled eggs (add it diced just before the eggs start to set), or even made à la king with mushrooms, and I have eaten it with crushed crisply fried bacon added to an omelet just before folding the omelet over and serving. It sounds a bit strange but does taste quite nice and is pleasant for a change and certainly easy to do.

Pork

So many foreigners and especially Americans seem to fear local pork because they are afraid of trichinosis. Naturally we fear those things that we have been taught to fear and Americans fear trichinosis! I have had conversations with Dr. Sevilla of the Bureau of Animal Husbandry about this and he tells me that they have never found it among local swine. Call him up or go and see him and he will tell you many interesting things about swine and cattle here in this country. I have spent many hours at the Bureau learning about the curing of meats and swapping sausage recipes with Dr. Sevilla.

Personally I much prefer local pork to the pork that one can buy at home because it is not so terribly fatty and somehow has much better flavor and certainly it is far far better than cold-storage pork. Frozen pork seems to acquire a strange taste that makes me feel that it has been stored with sausages. It is true that the markets have no cold storage facilities but if you go to the market in the afternoon fairly late you can get your pork as soon as it comes from the slaughter-house and have them cut it as you like it cut. This way it has not been exposed to flies or the open air at all. Go at about 5:30 in the afternoon or ask at your market at what time the slaughter-house trucks deliver the sides of pork and go about that time.

Local pork sells for ₱2.80 a kilo for most cuts and that includes the skin and fat. The spare ribs all skinned and defatted sells for the same price and it is a favorite cut with us. I barbecue them on our charcoal barbecue and they are wonderful that way. If you want the pure meat without any fat at all it is ₱3.20 a kilo. I get pork tenderloins and pork loins for this price and the tenderloins are wonderful cut crossways for use in making sate sticks. It is so tender and tastes so very good. At ₱2.80 a kilo that is only ₱1.30 a pound so is far cheaper than cold storage imported pork and certainly far better in flavor. Pork chops are ₱2.80 a kilo too and they are trimmed for that price. The loins are also trimmed and free of fat and they make wonderful roasts and I have also barbecued them whole over charcoal. I also cut the loin into chops (without bones) or slice it thin and bread it and make Wiener Schnitzel from it. Most people don't even know they are not eating veal and usually ask me what I've done to it to make it so tasty. Often I buy the ham cut or that piece which is used for making into ham. This is better than the ham cut that one gets at home as the bone is removed and only the choicer heavy meaty cut is bought. I score the skin after chilling it well (it is easier when it is cold) and then rub down the meat surfaces with salt, pepper, crushed garlic, and accent and then roast it at 325 degrees for three to four hours depending on the size and then just before serving I turn the oven to broil and the skin comes up into a lovely puffed covering of crackling that takes an awful lot of beating. I make a gravy from the drippings and combine it with a can of mushroom soup. Served with candied sweet potatoes, spiced papaya preserves and vegetables and salad, it is a feast for a king.

I'd like to add that by buying local pork you can get all sorts of cuts that are not available from the imported pork. The groceries do sell local pork though and can supply you with unusual cuts but the prices are far higher than if bought in the market. The grocery prices run double or more. If you like pickled pigs feet the feet are easy to buy and I paid ₱1.80 for two of them not long ago. Be sure to wash them for a very long time with lots of water changes before cooking them. This keeps the jelly clear. You can also buy the makings for head cheese and I always get a couple of extra tongues to add to my head cheese and this makes it especially nice.

There is one thing that I always keep in my freezer and which is most popular with everyone who tries them. I buy pork tongues and corn them. Buy well trimmed pork tongues but do not have them remove too much as the back part of the tongue is really the best part of it and usually the sweet breads are still attached. To corn the tongues, I wash them well and then make a mixture of ¼ tsp. saltpetre (can be bought in any drug store), 2 tsp. of sugar and 1/4 cup table salt. To this I add one crushed garlic clove, 1 grated onion, a bit (about ¼ tsp.) of powdered cloves, 8 or 9 crushed pepper corns, and a finely chopped bay leaf. I rub these all over the pork tongues and then put them in a covered bowl in the refrigerator for

5 to 7 days and turn them everyday. At the end of this time I wash them well and soak them for about one hour in clear water and then wash them again very well and cook them in the pressure cooker for about 40 minutes. By this time they should be tender. If you don't have a pressure cooker then just simmer them in water until they are tender. Let them cool well, remove the skin from the tongues and chill them. Serve these sliced cold as small chow with crackers or use them in place of sausage when serving cold cuts. You can also make a sauce from some of the broth that you cooked them in (don't use too much as it is quite salty) mixed with fried onions and grated carrots and tomato sauce and thickened to taste and then heat one or two of the tongues in this and serve as a meat course. I wrap them each individually and then put them all in a polythelene bag and keep them in the freezer to bring out for small chow when needed. You can slice them easily even when frozen solid so they thaw out quickly and in five minutes you have a really tempting morsel to serve to unexpected guests. Made this way the corned pork tongues are far superior to any canned tongue that I have ever tasted. This amount of salt mixture is enough for about 6 tongues and I double it and make 12 at a time.

Another excellent dish is to take a good solid bit of pork meat and usually the ham cut is best for this but the pork loin is also excellent if some outside fat (a thin layer) is left on, and soak this also in the salt mixture I just gave you. Let this soak also for 5 to 7 days and longer if you have to as it won't spoil. I say soak because after a day in the mixture the meat draws and there is quite a lot of liquid. Then soak this meat in clear water for 1 hour and wash it well and then if you have a freezer wrap it and store it. If you want to use it right away, place it in a baking dish and bake it just like you would ham. Score the top and put cloves in it and use a mustard flour mixture to glaze the top or whatever you usually use and serve it with fried pineapple slices. Most people think it is ham of a slightly different type from that which they usually get.

People often think of pork as being too fatty for eating in the hot weather because years and years ago it was used only for winter eating. This was because the pigs got fatter as winter approached and people needed that extra fat in the diet when homes were poorly heated but now that is not the case and out here there is no winter to put that extra fat on the pigs and the pigs sold here are not

lard pigs (even back home they have stopped raising lard pigs like they used to do).

When you buy pork here you can buy solid meat without any fat on it. I'll admit that you have to pay a bit more but it is worth the difference. For barbecueing buy the tenderloins, the ham cut, or the loin meat (the chops without the bones). I like the loins best and I cut them in slices of about one-half to three-quarters inch thick. About one hour before cooking I put them into my marinade sauce. This can be done even earlier if it is convenient and I have sometimes let it soak in the sauce up to four hours ahead of cooking time. The secret of good barbecues is in the marinade and a bit of something in the sauce that will bring out the smoky flavor is the secret to a good sauce. Here is the way I make my sauce and I have yet to try any prepared mixture anywhere that can beat it. Take about 1 cup of vinegar and 1 cup of a dry white wine and combine them. This is your basis for the sauce. Add to this about four grated onions of medium to large size, four cloves of grated garlic (or put through a garlic press), 1 cup salad oil, 1 cup tomato ketchup, 1 tsp. black pepper (freshly ground or pounded whole pepper is the best for this), 2 Tbs. of salt, 4 large bay leaves well chopped and then pounded to a fine powder in a mortar, 1 tsp. tarragon leaves if you can get them, 1 Tbs. accent, 3 Tbs. meat tenderizer, 1/4 cup honey or brown sugar, and 1/2 cup soy sauce. Mix these very well (I use my blendor) and store for later use. This keeps beautifully and I always have a large bottle of it on hand in the refrigerator. When you are ready to soak your meat put just enough of this mixture on the meat to coat it and mix it well. Then just before you are ready to barbecue, pour some more salad oil, 1/2 to 1 cup depending on amount of meat, over the meat mixture and mix it again. You should have then quite a bit of sauce on the bottom of the bowl which can be used for brushing the meat as you cook it. Have your charcoal fire well burned down before starting to barbecue so that the coals are well covered with ashes. I usually put some large pebbles with my charcoal or put them under the coals as a base. This makes a nice even heat, saves on charcoal, and prevents over-heating. Put your cutlets, loin chops, chops, tenderloins, or whatever cut you are using, onto grill and cook them over the coals for about 15 minutes. If you cook them too long they tend to become too dry so be careful about this. Turn them two or three times while cooking and brush each time you turn them with a small bit of the oil and sauce in the bottom of the pan. The grated onion tends to cling to the meat and causes it to look a bit charred but this is the tastiest part of the meat so don't try to remove it. You can use the same marinade with chicken or with beef so try it all ways and see if you don't agree with me that it is just about as good as anything you have ever tasted. If you have a blendor put all the onions, garlic, pepper, etc. into the blendor and let it do the chopping and grating for you. I have taken the ham cut of the pork with the fat and barbecued that in slices and then chilled it and after it was good and cold I ground it in the meat grinder two or three times and used it as a spread for small chow or for sandwiches and it is most popular. It has such a wonderful smoky flavor and is so good. I leave the fat on it as otherwise it would be too dry and butter would have to be added.

Rice

Most people think of rice either as just plain boiled rice, fried rice, or the main ingredient of rice pudding but like potatoes, there are many many ways of cooking rice and all of them are good. Strangely enough most people, even those who have lived in the Orient where rice is the staple food don't know how to cook rice more than two or three ways. Fried rice means many things to me. There is the fried rice with meat and vegetables in it which is a meal in itself and so good too. This I make by placing good bacon drippings and some butter in a pan and then putting my dry rice into it and frying it stirring constantly until it is a nice golden brown, then I add onions, garlic, and a bit of salt and pepper and fry it a wee bit longer to cook the onions a bit. I then add to this sufficient water to cook the rice. After it has boiled for about 5 minutes I add pieces of chopped pork, beef, chicken, or shrimp which have previously been dredged with flour and fried. I also add large bits of green peppers, celery, chopped carrots in fairly large bits (about bite size), bite-sized pieces of coconut heart or "ubod", a few Chinese peas or string beans cut in half and let it cook until done. Sprinkle the top of the rice, after putting it in your serving dish, with finely chopped spring onions and chopped hard-boiled eggs. Almost any meat at all can be used for this dish, ham, spam, sausages, fish, lamb, kidneys, liver, or whatever you happen to have.

Then there is the fried rice that one serves along with Chinese food and this I usually make the same way, by frying the rice first as it makes a fluffier dish and tastes better as well. I use chopped bacon and as soon as it has started to just turn brown, I add the rice, fry until light brown, add onion and garlic and then add my water, salt and "accent". Just before serving I put in beaten egg, stirring while adding, chopped shrimp if I have any and any left-over meats chopped fine too. I add red piemento and green pepper or chopped spring onions to this for color and there it is.

If I am serving saté sticks for dinner I again make the rice by frying it first and add pork, chicken, or beef broth instead of water and I also add a bit of turmeric (if you can't buy turmeric, then buy it fresh. It is called "luya dilao" here.) To give it that lovely bright yellow color that is typical of Indonesian rice. It gives it a nice flavor too. You can put curry powder into your rice too when cooking it to give it a different flavor and I like adding an envelope of any of the prepared onion soup mixes to rice while cooking it.

I remember a girl friend of mine who used to add canned ox-tail soup to her rice and then served it with pork chops and applesauce and it made a perfect combination.

I needn't tell any of you how to make rice pudding but I like rice cooked in coconut milk instead of water and with a few onions and salt and pepper added so decided that if it was good that way, then the coconut milk should be nice in rice pudding used instead of cow's milk. I tried it and it was delicious. I always like to add a bit of calamansi marmalade or any other kind of marmalade to my rice and bread puddings and with the coconut milk it makes a wonderful combination. Try it sometime and surprise yourself. If it is mango season put a few slices of mango into the rice pudding too.

I have told you before about the sweet pandan leaf which is available the whole year in the markets. This should be boiled with all rice no matter if used mixed with meats or plain or for pudding. It makes all the difference in the world to the flavor and the sweet clean smell of the rice.

Use pineapple tops, suha (pomelo), pineapples, watermelons, upo (bottle gourd), or squash as bases into which toothpicks are placed with small chow tidbits at the other end. In the case of pineapple tops the tidbits can be placed right onto the leaf ends.

Miscellaneous

This wet weather most probably has caused all of you some grief with everything going moldy and flour and beans getting musty and full of bugs. There is an easy cure for weevils in the flour and beans and they are with us most of the year. Buy some fresh ginger in the market and cut it into two or three walnut sized pieces and put it into your flour canister and also put some into your can or jar where you keep your peas and beans or lentils. This trick I learned while we were interned by the Japanese out here and it was a Godsend as I was able to keep mongo beans fresh and free from weevils for over two years. I never have trouble with bugs in my flour now and don't have to throw the last half of it away like I used to do.

Native tangerines are available again in the markets and you can buy the small ones for juice for as little as fifty centavos a dozen. That size is nice to put in school lunches too. It is such a saving compared to the cost of imported oranges and certainly wonderful for the small children in the household who need fresh orange juice. Rub the skins well before you juice them so that you don't get too much of the oil into your juice as the skins are oily. You can get the larger ones for table use too and they run from ₱1.00 a dozen up to ₱1.50. They are all very sweet and the flavor is excellent. These are not the same type that come in later in the year that have a looser skin and are a bit dryer.

Suha or pomelo are available now too and the nice Davao ones are sold in all the markets too. I use them a great deal for salads both fruit salads and the tossed type. They are so good this way and prove very popular with everyone. I also peel them and remove the membrane and serve them as fruit for breakfast and put it into school lunches. Mixed with banana and cheese and a few raisins with a good thick dressing they look nice and taste wonderful. They are not as good as real grapefruit but they certainly make a very good substitute for them and soon the Mindanao grapefruit will be in season again, as the Suha go out so there is no need to go without citrus fruit at any time.

Chayote are cheap now too and they are also wonderful for salads. Have you ever peeled them and cut them in half lengthwise and boiled them whole and then chilled them and served the halves as a salad? They are nice that way and are a bit different. You can put the halves together with cream cheese mixed with a good sharp cheese and a nice thick dressing such as the creamy style French dressing or use them to put around a platter of cold salad mix where everyone mixes and chooses their own. Don't over-cook them though as they are nicer is left a bit crispy toward the center. I like them this way with just a bit of lime juice and salt on them. It is cooling and filling and fresh tasting and certainly most helpful when trying tc take off a bit of weight as the calorie content is very low. Eaten with cottage cheese they are nice too but try it and make your own experiments and I'm sure you will find them very nice. You can even hollow them out a bit before cooking and stuff them with crab meat or chopped shrimp and a sharp dressing and they make a most attractive edible boat to serve your seafood salad in.

How Fresh is Fresh Fish

This being the hot season, many people are leary of buying 'fresh' fish from the public markets as they are afraid that it might not be as fresh as it should be. This is a natural assumption and certainly one to think about twice before buying fish. There are several ways to judge if a fish is fresh or not. Firstly, look at the eyes of the fish. If they are bright and clear and not milky in appearance you can be sure the fish is fresh. Secondly, if the skin is slightly slimy to the touch that fish is most certainly not one that has even been put on ice so if the skin is slimy to the feel and the eyes are bright it must be fresh. Look at the gills and if they are a **bright** red and not a dull greyish maroon or brown that also is a sign of freshness. Lastly, feel the flesh and if it is soft and gives when squeezed or pressed by the fingers and leaves an impression after removing the fingers, this fish is not fresh. If the flesh is firm and unyielding, the fish is fresh. Once while giving a lecture on local foods I was asked just how one could differentiate between a fresh fish and one that wasn't fresh and my answer was one that may sound a bit peculiar but is so true. I said, "You have all heard about a 'dead fish' handshake where someone extends a limp hand without any firmness to it all. Well, if a fish feels like that when you pick it up—it isn't a fresh fish". When a fish is really fresh and you pick it up by the portion just above the tail or by the head and hold the fish in a horizontal position, it lies out from your hand horizontally, but if it isn't fresh it sags at an angle and the less fresh it is, the greater the angle. It may seem strange but if one gets to the market too early in the morning it is difficult to get really fresh fish because they do not come into the market, as a rule, until it is a bit later. There have been times when I have bought the best fish in the late afternoon when the fishing boats have come in for the evening after being out all day and they deliver fish to the markets which are then put on ice overnight for the next day's sales. This isn't going to do the fish any harm but once it is put out and exposed to this present heat, it quickly deteriorates so get there early in the morning and go straight home from the market and get the fish cleaned and stored in the freezer or refrigerator.

I highly recommend buying whole fresh fish rather than fillets at this time of the year because you can tell if the fish is really fresh if you buy the whole fish but if you buy it already cleaned and filleted you cannot be sure of the freshness of the fish. Actually the same rule applies for the whole year but more so now while it is extremely hot than the rest of the year.

Mangoes

Not long ago someone told me that I was harping much too much on local foods. This may be so but that is just exactly what I aim to do as I feel it is such a shame if people don't make the most of what they can get out here and there is such a wealth of lovely fruits and vegetables which sometimes far outshine their counterpart back home. I know that people who have been here for a couple of years long for a good home-side peach but, from my own experience, it takes only about 6 months back home before I long for a really lovely mango. There is little one can do with a peach that one can't do better with a mango. A lovely addition to baked fowl of any sort or with baked ham is to take mango halves and hollow them out slightly and fill the hollow with mince-meat (you can buy it in bottles from any of the local groceries), place them in a shallow pan with a bit of water (about 1/8 inch) in the bottom of the pan, dot the mince-meat with butter and then bake in a slow oven for 25 or 30 minutes. This will bring cheers from your family or guests. If you don't want to go to the expense of buying mince-meat just fill the hollows with a dab of butter and sprinkle with a small amount of salt and cinnamon and then fill with a bit of any jelly, (such as guava) and then bake.

Try cooking mangoes in a simple syrup and then store them for future use for Flaming Mangoes. Allow the two halves of a

mango to a person. Warm them in their syrup and then sprinkle over each mango 1 to 2 Tbs. of sugar and 2 or more Tbs. Kirsch. Bring to the table and then light the dessert and let the flame die down before serving. This is not an unusual dessert but certainly one to start a new trend and much conversation.

An unusual dessert made with mangoes is to peel and cut in halves as many mangoes as needed and then again slightly hollow out the centers. Allow one mango per person. For each mango used allow two macaroons. Crush the macaroons and add 1/8 tsp. almond flavoring per mango to the pulp from the sides of the mango seed and 1 egg yolk for every 2 mangoes. Combine this mixture well and fill the hollows in the mangoes. Then take the egg whites and beat well until stiff but not dry, add 1-1/2 Tbs. sugar per egg white and 1/4 tsp. vanilla extract per egg white. Heap this meringue mixture on the mango halves and bake in a fairly slow oven—about 325° and brown in the oven. Serve immediately. If this doesn't please your guests, nothing will!

Try dicing mangoes and then pouring over them a good sherry wine or a light liquior such as curacao and chill this for at least four or five hours. Serve the fruit as a dessert in sherbet glasses and as an extra special touch, add a scoop of good Vanilla ice cream or a generous topping of whipped cream. If you want to make the dessert even more typical of the tropics add coconut cream (not chilled) which I have explained before how to make. The only drawback to the coconut cream is that it will harden a bit when it comes into contact with the well-chilled fruit but it certainly tastes wonderful this way. This is delicious though even without any topping.

(THE END)

MORE HINTS WE SHOULD KNOW . . .

Use Swab sticks, that are available at any drug store, for saté sticks. They burn more easily than bamboo but are easier to acquire.

The quickest, cheapest, and easiest way to label jams, jellies, etc. is to use strips of adhesive tape. You can use different widths according to size of bottle if you like though I prefer the ¾ inch width for any jar.

When you are putting away Christmas candles for next year be sure to remove all dust that has accumulated on them first. This is easily done by rubbing them with a soft cloth dampened with alcohol.

For an unusual appetizer try hollowing out a radish and filling with cheese, and anchovy, pickled herring, or a piece of sardine.

Try baking avocado halves and filling with creamed sea-food mixtures.

Never try to ripen avocado in refrigerator unless you are willing to wait a very long time and settle for poor flavor.

Place strips of adhesive tape on the soles of toddlers shoes to prevent slipping when they are learning to walk with shoes for the first time.

For an unusual dessert roll bananas in a sugar and cinnamon mixture and wrap in very thin pastry and bake and then serve with a fruit or custard sauce.

Remove the cork inserts in bottle caps and then use the caps as candy molds. Especially fine for fondant molds.

For novel candle holders for the Thanksgiving or Christmas table; polish red apples and scoop out center to hold candles. The children love eating these afterwards in preference to apple from the fruit bowl.

If you are troubled with candles that droop here in the tropics, cover your candles first with a clear varnish. This also helps keep them clean and they can easily be wiped clean with a dampened cloth.

If cheese becomes stringy when adding it to vegetables or making it into a sauce, add a pinch of soda to the mixture. Never let cheese sauce boil after the cheese has been added or it will become stringy.

Children love chewing the flesh from mango seeds. To prevent this from being messy impale the seed on corn holders.

For quick defrosting of your freezer, place a pan or bucket of boiling water on floor of chest variety or bottom shelf of upright type and then turn a fan onto the machine (inside chest variety) to circulate the hot air.

To prevent the water from boiling dry in a double boiler always place a flat jar lid in the water. This will start to rattle when the water gets too low.

To scale fish easily pour boiling water over fish until scales begin to curl and then scrape them off with a dull knife or the back edge of a knife.

When darning dark colored socks and it is difficult to see the weave use a flashlight head as your darning ball with the light turned on.

When washing spinach or other greens add a bit of salt to the rinse water and this will not only cause sand to sink to the bottom but it will also remove any small bugs.

To prevent hot water bottles from becoming cracked from infrequent use here in the tropics, rub periodically with glycerin. This can be found in all drugstores.

When preparing a soap solution for the children to blow bubbles with, add a tablespoon of glycerin to the mixture. This makes the bubbles stronger and thus travel further. A drop or two of kerosene added to the same liquid will make much more colorful bubbles.

If you don't like commercial air-freshners and want to de-odorize an air-conditioned room after a party, with the usual quota of cigarette smokers, pour a bit of cologne into a saucer and set this on fire and let it burn itself out. This actually is more pleasant than the commercial air-freshners because it has a clean smell rather than a perfumed one.

To help prevent ivory figures from turning yellow, expose to sunlight regularly. If it is already yellow boil it in a solution of alum and water for two hours and then dry it in the sun.

An easy way to pour jam into fruit jars or bottles is to use a gravy dish for pouring. This is far better than a soup ladle.

When making jelly buy sugar in the cloth sacks and then use the sacks as jelly bags when straining the juice from the boiled fruit.

If the knob on a pot comes off and gets lost, it is easy to replace by running a screw from the inside into a cork on the top of the cover. The cork is heat-proof so easy to handle.

If you have no labels when making jam, use crayon to mark bottles while still very hot. This will not rub off after the bottles have cooled.

Another convenient way of labeling is to cut the gummed flaps from envelopes and paste them on bottles in whatever length is needed.

Going on leave? By ship? Ship's water is notoriously hard so it is difficult to wash out delicate underthings but this is easily solved by taking along a small botte of borax and adding a teaspoonful to each basin of wash water. It certainly helps if you are shampooing your hair too.

To avoid having macaroni make soup cloudy, cook it before adding to soup.

Never use hot water or soap on mother of pearl dishes if you want them to retain their luster.

If you like peanut butter and if you have a meat grinder then try making some cashew butter by grinding the nuts five or six times until very fine and add salad oil or butter to moisten.

For a really nice small chow idea, drain ripe olives and cover with olive oil to which a large clove of crushed garlic has been added. Allow this to stand for at least one day before using. Green olives are also excellent this way but crush the olive slightly with a glass first and add a bit more garlic.

When tying packages for shipping or mailing, wet the string first before tying. This will then shrink when dry and make for a more tightly-tied package.

When growing philodendrons in water, change the water every week and add a plant food solution at the same time. Replace water during the week if it evaporates.

When paring a large pineapple which you will use only partially, cut in crosswise slices and pare each slice separately. This way the rest of the fruit remains with its peel on and so stays fresh until used at a later date.

When using plaster of paris for making Christmas decorations use vinegar when mixing instead of water to prevent it from hardening too rapidly. This will give you more time to form it as you wish.

To test for ripeness of pineapples, pull on one of the leaves at the top and if it comes out easily it is ripe. The color should be deep yellow or orange and the odor should be agreeable.

Let canned or cooked pineapple slices soak in juice to which food coloring has been added and then use these colored bits for extra color interest in salads and as garnishes.

To make the leaves of indoor plants shiny, clean the upper surface about once a week with a mixture of one part evaporated milk and three parts water or with a mixture of one egg white with ½ to 1 cup water.

When vases or other ornaments scratch furniture apply two or more corn plasters to the base to prevent scratching. Partially fill narrow-based vases with small pebbles to prevent them from being easily knocked over.

Buying Calendar

NOTE: This buying calendar follows the norm but unusual weather may cause a considerable variation.

	LOCAL NAME	TIME WHEN AVAILABLE	HEIGHT OF SEASON
Avocado	**Avocado**		**February-July**
Bamboo shoots	**Labong**		**Rainy season**
Bananas	**Saguing**	**year round**	**May**
Bean sprouts	**Togue**	**year round**	
Beets	**Remolacha**	**year round**	**Cool**
Bottle gourd	**Upo**	**year round**	**Dry**
Breadfruit	**Rimas**	**year round**	**Rainy season**
Cabbage	**Repollo**	**year round**	**Cool season**
Calamansi	**Kalamansi**	**year round**	**Sept. Rainy season**
Carrot	**Karot**	**year round**	**Cool season**
Cashew nuts	**Kasuy**	**year round**	**Rainy season**
Cassava	**Kamoteng-kahoy**	**year round**	**Dry season**
Cauliflower	**Koliflor**	**year round**	**Cool**
Chayote	**Sayote**	**year round**	**Cool**
Chickpea	**Garbansos**	**year round**	
Chico	**Chico**	**year round**	**March-July**
Chinese cabbage	**petsay Baguio**	**year round**	**Jan. Cool season**
Chinese peas	**Chicharos**		**Cool season**
Chinese turnip or ..yam bean	**Sinkamas**	**year round**	**Cool**
Coconuts	**Niog**	**year round**	
Corn	**Maiz**	**year round**	**Rainy season**
Cucumber	**Pepino**	**year round**	**Cool**
Curacao apple	**Macopa**		**Rainy season**
Eggplant	**Talong**	**year round**	**Rainy**
Fern leaves	**Paco**		**Rainy season**
Ginger	**Luya**	**year round**	

Green snap bean	Habichuelas	year round	Cool
Guava	Bayabas		Rainy Season
Hyacinth bean	Bataw		Oct.-Jan.
Java Plum	Duhat or Lumboy		Mar.-July
Lanzones	Lanzones		Aug:-Oct.
Lettuce	Lechugas	year round	Cool season
Lima bean	Patani		Cool season
Long cow pea	Sitao	year round	Oct.-Jan.
Mango	Manga	year round	May
Mangosteen	mangostan		Oct.-Nov. May-Jun.
Melon	Melon		May
Mongo bean	Munggo	year round	
Mushrooms	Kabuti		Rainy season
Mustard	Mostaza	year round	Jan.-Mar.
Native Orange	Naranghita		Dec.-May
New Zealand Spinach	Espinaca	year round	
Okra	Okra	year round	
Palmetto or coconut heart	Ubod	year round	
Papaya	Papaya	year round	
Peanut	Mani	year round	Rainy season
Pigweed or nettle	Kolitis	year round	Dec.-May
Pili Nuts	Pili	year round	Aug.-Sept.
Pineapple	Piña	year round	Oct.-May
Pomelo	Suha		Aug.-May
Potato	Patatas	year round	
Radish White	Rabanos or Labanos	year round	Rainy season
Radish-Red	"		Cool
Santol	Santol		rainy season
Soursop	Guayabano	year round	Rainy, Aug.-Nov.
Sponge gourd	Patola	year round	Rainy season
Squash	Kalabasa	year round	Jan.-May
Squash flowers	Bulaklak ng Kalabasa	year round	Same as fruit
Squash tops	Talbos ng Kalabasa	year round	" "
Star apple	Kaimito		Jan.-Mar.
Star fruit or Carambola	Balingbing		Sept.-Nov.
Strawberry	Stro-beri		Dec.-May
Swamp Cabbage	Kangkong	year round	Rainy season
Sweet Peppers	Sili	year round	Cool
Sweet Potato	Kamote	year round	
Sweet Potato Tops	Talbos ng Kamote	year round	
Sweet Sop or Custard Apple	Atis	year round	Nov.-Jan.
Taro	Gabi	year round	Rainy season
Tomato	Kamatis	year round	Dec.-May
Turmeric	Luya dilaw	year round	
Watermelon	Pakuan		Jan.-Mar.
Winged bean or goa bean	seguidillas	year round	Rainy season
Yam	Ubi	year round	Rainy season
Young coconut	Buko	year round	

INDEX

- *Anonas* 62
  - sauce, dessert 62
  - sherbet 62
- *Atis* 4
  - (see "Sour-sop" recipes)
- *Au gratin*
  - chayote 39
  - lima 48
  - patola 1
- *Applesauce Substitute*
  - mango-chayote 51
  - mango-papaya 51
- *Avocado*
  - a la king 92
  - aspic salad 8
  - cocktail 7, 91
  - creamed 92
  - dayap ice, in 84-85
  - dip 7
  - dressings 8, 91
  - fruit salads 66, 70
  - half-shell salad 89-90
    - —balls 89
    - —sea-food, variation 89-90
  - ice cream 8
  - icing for sandwich loaf 91
  - in stuffed eggs 7
  - loaf 91
  - mock mayonnaise 8
  - mousse 90
    - variations 90
  - omelet 92
  - —papaya cocktail 91
  - —pomelo salad 12
  - sandwich 8
  - soup 4-5
  - stuffed salad 7-8
    - fillings, variations 8
    - nuts 8
  - —tuna salad 8
- *Bamboo Shoots "labong"*
  - fried 2
  - in chop suey 2
  - relish 2
  - salad 2
  - sauteéd 2
  - shredded, cole slaw 2
  - soups and stews 2
  - ways to prepare 2
- *Banana*
  - baked 16
    - with or without skin 17
  - barbecued 21
  - boiled 51-52
  - broiled 16
  - —cheese salad 16
  - chips, potato substitute 18
  - chocolate "lollipop" 85-86
  - coconut, with 17, 84
  - Crisp 52
  - French-fried 17
  - French-toast sandwich 17
  - fried 17
    - in spring-roll wrappers 50
    - pan 17
  - fritters 17
  - flaming, with rum sauce 17
  - gingerbread 17, 52
  - —orange cream combination dessert 80
  - party salad 85
  - pie, whipped cream 52
  - roasted, potato substitute 21
  - salads, fruit 71, 77
  - —salmon salad 16
    - sauteéd, with rum sauce 52
  - sherbet 79
  - short-cake 17, 52
  - to keep from getting dark 17
  - varieties 16
  - Waldorf salad 16
- *Barbecue Ideas*
  - banana leaves to wrap fish 19
  - charcoal fire 95-96
  - marinating sauce, special 95
    - —for prawns 20
    - —for shrimps 20
  - to roast
    - bananas 21
    - breadfruit 21
    - potatoes 21
    - squash 21
    - sweet potatoes 21
    - yam 21
- *Barbecued*
  - fish 19
    - in packages 19
  - mushrooms 21-22
    - sate sticks 21
  - pork 95
  - prawns 20
  - shrimps 20
    - sate 20
    - —abalone sate 20
- *Bean sprouts "Togue"*
  - how to make 80-81
  - salads 71, 80-81
    - Chinese style 81-82
    - tossed 81
    - with sea-foods 82
  - sauteed, Chinese style 81
    - variations 81
- *Beans*
  - Hyacinth "Batao" 34
  - Lima "patani" 35
    - au gratin 48
    - baked 48
    - boiled 48
    - casserole 48
    - freezing 35, 47-48
  - "Mongo" 35
    - kinds 35
    - soup 35
    - with coconut cream 35
  - "Sitao" 34
    - pods 34
    - to prepare 34
  - "Soy" 35
  - String 34
    - freezing 47
    - kinds 34
    - salad 34
    - "Tapilan" 35
    - Winged "Seguidillas" 34
      - how to prepare 34
- *Beets* 50
  - pickled 50
  - hard boiled eggs in salad 50
  - salad 50
- *Bottle gourd "Upo"* 40
  - cooked as summer squash 40
- *Breadfruit "Rimas"* 18
  - boiled 18
    - in coconut milk 18
  - fried 18
  - roasted 21
- *Butternut Squash* 41
- *"Cahil"* 22
  - —avocado salad 22
  - breakfast fruit 22
  - marmalade 22
  - salads 22
- Cakes—see desserts
- *"Calamansi"*
  - calamansiade 47
  - in bread puddings 23
  - marmalade 23
  - —papaya drink 13
  - in rice puddings 97
  - to freeze 47
- *Canapes*
  - (see "Small Chow")
- *Cashew Nuts* 27
  - almond-walnut substitute 27
  - ice cream topping 27
  - in salads 27, 55
  - —sherry 27
  - toasted, for garnishing 27, 55
- *Cassava or "kamotena kahoy"* 19
  - hash 19
  - mashed 19
  - to cook 19
- *Cauliflower* 48
  - kinds 48
- *Celery*
  - —cashew salad 55
  - salads 55

Chayote 39-40
  applesauce substitute 51
  au gratin 39
  baked 39
  boiled, buttered 39
  fried 39-40
  grated, added to coleslaw 40
  in salads 40
    cooked 40, 98-99
    raw 40
  mashed 40
  sauteéd 59
  stewed 39
  stuffed 40, 99
Chicos 62-63
  fruit salad 62
  how to serve 62-63
Children's Party
  banana-chocalate lollipop 85-86
  chocolate-coated "ampao" 86
  coconut-chocolate balls 86
  cold drinks 85
    guava juice-ginger ale 85
  party salad 85
Chinese peas "chicharos" 35
  chop suey 35
  salads 35
  sauteed 35
  with other vegetables 35
Christmas 41-42
  mistletoe 42
  paper stars 41
  poinsettas 41-42
  table decorations 42
  trees 42
Chutney
  Mango-tamarind 59
    de luxe 59-60
    quick 59-60
  pineapple 75
  tamarind 53
  —mango 59
  tomato 56, 57
Coconut
  Added to salads 45, 71, /85
  Ambrosia 51
  —banana desserts 17, 84
  beans, with 65
  breadfruit, with 18
  candy 27
  —cheese balls, canape 44
  chicken, with 43, 63
  chiffon pie 64
  —chocolate balls 86
  cookies 44
  cream 43, 63
  —guabano juice, topping 51
    with applesauce dessert 51
  cream pie 26
  curry 44
  fish, with 43, 65
    adobo style 63-64
  fish sauce 44
  fruit cake 44
  ginger bread 44, 51
  grated 26, 43, 45
    to color 44
  —guava jelly pie 6
  icing 27, 44-45
  milk 15, 43, 65
  mongo beans, with 35, 43
  pie 65
  pudding 44
  —pineapple jam 75
  rice, with 97
  rice pudding 97
  sherbet 78
  taro, with 19
  toasted, for garnishing 27, 52
  topping for desserts & ice
    cream 51, 84
  vegetables, with 15, 39, 65
  waffles 44
  water 43
Corn on the Cob 46
  to freeze 46
Cucumber 40-41
  —bacon salad 54
  baked 41
  —dill salad 55
  pickle, dill 49, 50
  goulash 41
  squash substitute 41
  stuffed 41
  types 40
Dessert Sauces
  anonas sauce 62
  cashew-sherry 27
  coconut cream, sweetened 84
  coconut cream-guabano
    juice 51
  duhat jelly 73
  fruit 53
  guabano 3
  pili-sherry 28
Desserts
  Applesauce-coconut-guabano
    cream 51
  Banana
    boiled, with cream and
      coconut 51-52
    broiled 16
    —chocolate "lollipop 85-86
    —coconut 17, 84
    crisp 52
    french fried 17
    french toast sandwich 17
    fried 17, 50
      in lumpia wrappers 50
    fritters 17
      with rum sauce 17
    sauteéd 52
      in rum sauce 52
  Cakes
    banana shortcake 52
    coconut fruitcake 44
    gingerbread
      banana 52
      coconut 44, 51
    mango jam 3
    mango upside-down 3
    pineapple upside-down 72
  Coconut
    ambrosia 51
    candy 27
    —banana 17, 84
    —chocolate balls 86
    cookies 44
    waffles 44
  Flaming mangoes 100-101
  Guava frosting 7
Frozen Desserts
  banana-orange cream 80
  dayap ice in avocado
    halves 84-85
  ice cream
    avocado 8
    guabano or sour-sop 79
    guava 80
    mango 79-80
    papaya 79
  melon baked Alaska 60-61
  mousse
    avocado 90
      variations
    mango 78-79
  sherbert
    anonas 62
    banana 79
    coconut 78
    guabano 79
    mango 78
    papaya 13
    pineapple 76
  Mango macaroons
    with meringue topping 101
  Muffin, guava 6
  Party salad 85
  Pies
    banana whipped cream 52
    coconut chiffon 64
    coconut cream 26
    coconut-guava jelly 6
    mango 3, 53
      —custard 66
    papaya 85
  Pinapple-marshmallow 76
  Pineapple-rum 52, 77
  Puddings
    coconut 44
    "pinipig 51

  spiced 66
  to freeze 45
  upside-down cake 3
  with ice cream and wine 101
Melon
  Baked Alaska 60-61
  drinks 61, 69
  halves 60-61
  salads, fruit 61
  to freeze 47, 60
Mousse—see desserts
Mushrooms 1, 21-22
  barbecued 21-22
  dried 1
  in gravies and soups 1
    "lumpia" 33
    sate 21
    sauteed 1
  to freeze 21
Mustard Greens 39
Onions 32
  glazed 32
  pickled 32
  salads 32
  soup 32
  varieties 32
Palmetto Heart "Ubod" 10-11
  Cooked,
    "Arroz a la Cubana" 11
    Creamed 11
    lumpia (spring rolls) 11
    Spanish rice 11
    Stews 11
    salad 71
  Raw
    how to prepare 10
    relish 11
  Salads, 10,-11, 71
    crab, variations 10
    snack 11
Pandan 30, 97
  chicken-rice soup 30
  rice dishes 30
  rice pudding 30
Papaya
  —avocado cocktail 91
  Drinks 13, 68
  Food value 13
  Ice cream 79
  Green,
    baked 14
    casserole 30
    chayote substitute,
      for applesauce 51
    chicken "tinola" 13
    Jack O' Lantern 29
    meat tenderizer 14
    papain, skin softener 14
    pickled 14
    salad-grated 13
    stuffed 14
    soups and stews 13
    summer squash substitute 13
  Jam
    —mango 67
    —pineapple 14
  Pie 85
Salads, fruit 13, 55, 66, 70
  Sherbet 13
  Spiced peaches substitute 13
Patola 1, 40
  au gratin 1
  chop suey 1
  sauteed in butter 1
  soups 1
Peanuts 28
  walnut substitute 28
Peanut sprouts 82
  salad 82
Pechay 38-39
  stems, 39
  types, 38-39
Pickles
  beets 50
    hard-boiled eggs in 50
  cucumber 41, 49
  dill 49
  green papaya 14
  green pepper 50
  mixed 50
Pie — See desserts
Pili nuts 27-28
  blanched 28
  candle salad 27-28
  boiled 28
  brittle 28
  ice cream topping 28
  —sherry 28
Pineapple
  —banana salad 85
  —carrot salad 76-77
  chutney 75
  coleslaw 77
  drinks,
  iced 76
    frosted 74
  garnish 4, 94
    for baked ham and salads
  jam 75
    —coconut 75
    variations 75
  marshmallow 76
    with whipped cream
  —papaya topping 53
    party salad 85
  —raisin sauce 76
  —rum 52, 77
  salad, dressings 72
  salads, fruit 66, 77
  sherbet 76
  snacks 74
  spiced 75, 76
  to freeze 46, 72
  to serve fresh 72, 74, 76
  upside-down cake 72
  varieties 71-72
Pinipig 51
  pudding 51
Pomelo "Suha" 11-12, 22, 98
  —avocado salad 12
  breakfast fruit 12
  —calamansi marmalade 12
  candied, rind of 12, 23
  Chinese 12
  citron peel substitute 12
  salads, fruit and vegetable 11
  school lunches 11
  to choose 11
  to keep 12
Pork 92-96
  chops 93
  cuts and prices 92-93
  barbecued spare ribs 92
  barbecuing 95-96
    charcoal fire 95
    cuts 95
    how to prepare 95
    marinade sauce 95
  corned tongue 93-94
    canapes 94
    to freeze 94
  crackling 93
  ham 94
    baked 94
    how to make 94
    roast 93
    gravy 93
  pickled pig's feet 93
    head cheese 93
  spread 96
  trichinosis 92
  veal substitute 93
  when to buy 92
Potato 82
  casserole 83
  curried 82
  roasted 21
Radishes "labanos" (white) 49
  in salads 49
    stews and soups 49
  raw, grated 49
    served with beef
Pudding — see desserts
Relish
  bamboo shoots "labong" 2
  green pepper sticks 55

- palmetto heart 'ubod" 11
- sinkamas sticks 55
- tomato, India 57

Rice 96

- —almond loaf 83
- fried, varieties 96-97
- in coconut milk 97
- ox-tail soup, with 97
- pandan leaf, in 97
- "pinipig" 51
- pudding 97
- stuffing 83

Salad

- Aspic, avocado 8
- Avocado in half shell 89, 90
  - stuffed 7, 8
    - variations 90
  - —suha 12
  - —tuna 8
    - variations 8
- Bamboo shoots "labong" 2
- Banana
  - —cheese 16
  - —salmon 16
  - —waldorf 16
- Bean sprouts "togue" 71
  - Chinese style 81-82
  - —sea foods 82
- Cahil-avocado 22
- Cashew-grated carrot 27
- Celery, sea foods 55
  - —nuts 55
- Chayote cole slaw 40
  - —sea foods 99
- Cucumber-bacon 54
  - —dill 55
- Dill-cucumber 55
- Fern leaves "Pacu" 3
- Fruit 11, 17, 61, 62, 66, 70-71, 77
- Mango jellied 66-67
- Palmetto Heart "ubod" 10
  - —crab, variations 10, 11
- Papaya 13, 55, 70
- Party 85
- Pineapple-carrot 77
- Pineapple cole slaw 77
- Pomelo "Suha" - avocado 12
- Sinkamas 55
- String beans 34
- Spinach, Baguio 55
- Star Fruit "Balimbing" 87
- Stuffed—
  - avocado 90
  - chayote 99
  - tomato 57-58
- Tomato 57
- Tossed 11, 30, 50, 55, 71-72-81

Salad Dressings

- banana 77
- avocado
  - dayap or calamansi with salt 91
  - —french dressing 8
  - garlic-flavored 91
  - icing for sandwich loaf 91
  - —mayonnaise 8
- Chinese style, for sprouts 82
- dill-French dressing 68
- mayonnaise-chili 70
- mayonnaise-curry 57

Santol 8-9

- jam 9
- jelly 9
- raw 9
- stewed 9

Saté

- fish 19
- shrimps 20
- mushrooms 20
  - —abalone 20

Sauces

- almond-butter 5, 24
- barbecue 20, 95
- coconut cream 44
- curry with coconut milk 44
- marinating 31
- pineapple-raisin 76
- sate 20
- sweet-sour 5-6

Sea-foods

- Bangus 23
  - baked 24
  - boning 23
  - smoked 24
    - casserole 24
    - creamed 24
    - paste or spread 24
  - stuffed 23-24
- Clams 26
- Crabs 26
  - kinds 26
- Fish names (see FISH)
- Herring, Tamban 25
  - fried
  - pickled or rollmops 25
    - cooked 25
    - raw 25
  - to freeze 25
- Oysters 26
- Prawns 26
  - barbecued 20
- Rock-bass "Lapu-lapu 25
- Shrimps 26
  - barbecued 20
  - kinds 26
- Sole "dapa" 19-20
  - barbecued 19-20
  - fried, butter-almond sauce 24, 25
  - fried, batter-coated 24-25
- White bait "dilis" 36
  - to fry 36

Sherbet — see desserts

Sinkamas 55

- in salads 55
- pickles 55
- snack 55
- sticks 55

Small Chow

- Avocado dip 7
- coconut-cheese balls 44
- corned pork tongue 94
- fish paste or spread 24
- pickled "tamban" or rollmops 23
- pork spread 96
- spring rolls "lumpia" 33-34
  - (see "spring rolls")
- white bait, fried 36

Sour-sop "guabano" 3-4

- cocktail 69
- —coconut cream, dessert sauce 51
- drinks 4, 69
- ice cream 4, 79
- juice 3-4
- sherbet 4, 79
- to freeze 47

Spinach

- "Alugbati" 38
- "Baguio or New Zealand" 38
  - salad 55
- "Kangkong" or swamp cabbage 38
- "Kulitis" 38

Spring rolls or "lumpia" 32-34

- fillings 33-34
  - cheese
  - chicken-mushroom
  - chili
  - egg
  - fish
  - sweet, varieties 33-34
- freezing 33
- how to serve 33-34
- strudle papers 32

Squash, native "Kalabasa"

- Baked 14, 15, 55
  - in skin
  - stuffed 14-15
- Blossoms 13
  - boiled 15
  - buds, sauteed 15
  - fried 15
- Boiled 14
- Greens 15
  - how to prepare 15

- with coconut milk, or
  - cream 15, 39, 65
- Jack O'Lantern 29
- mashed 14
- roasted 21

Star Apple "Kaimito" 62
- to choose 62
- to serve 62

Star Fruit "Balimbing"
- preparation 87
- salads 87
  - fruit
  - vegetables
- school lunches 87
- sliced 88
- tinting 88

Strawberry 47
- to freeze 47

Summer squash 1

Sweet Potatoes "camote" 18
- baked 18
- boiled 18
- chips 18
- dressing 83
- fried 18, 82
- —marshmallow croquette 82
- mashed 18
- roasted 21

Tamarind 53-54
- drink 54
- fish dishes and others 53
- fresh 53
- fruit punch 54, 69
- jam 53
- jelly 53
- —mango chutney 59, 60
- preserves 54
- syrup,
  - to store 54

Tangerine "naranghita" 23, 48
- in school lunches 98
- juice 48
- to freeze 49

Taro root "gabi" 18-19
- baked 19
- boiled 19
- fried 19
- to peel 19
- with coconut milk 19

Tips of, "talbos" 39
- bean vines 39
- chayote 39
- sitao bean 39
- squash 39
- sweet potato 39
- to prepare 39

Turmeric or Yellow Ginger "dilau" 31-32
- Indian cookery 32
- to color rice 31, 97

Tomatoes 56-57
- baked, with
  - bread slices 58
  - Indian style 56
- catsup 57
- chutney 56-57
- fish, baked in 58
- India relish 57
- salad 57
  - with curried dressing 57
  - stuffed with shrimps 57
  - variations, chicken or tuna 58
- to freeze 56

Vinegar
- dill 68
- ginger 70
- spiced 70
- tarragon 70
- wine 70

Watermelon 61
- afternoon snack 61
- fruit salad 61
- skin, salad bowl 61

Yam, "Ubi" 18
- roasted 21
- potato substitute 18
- varieties 18

ADDITIONAL RECIPES